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The *Journal of Sport and Health Science (JSHS)* is a peer-reviewed, international, multidisciplinary journal dedicated to the advancement of sport, exercise, physical activity, and health sciences. *JSHS* publishes original and impactful research, topical reviews, editorials, opinion, and commentary papers relating physical and mental health, injury and disease prevention, traditional Chinese exercise, and human performance. Through a distinguished, carefully selected international editorial board, *JSHS* has adopted the highest academic standards, impeccable integrity, and an efficient publication platform.

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