



Effects of Physical Activity on Physical and Psychological Health

Guest Editor:

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Message from the Guest Editor

This Special Issue invites investigators to examine the effects of PA on physical and psychological health among populations from different backgrounds with or without chronic health conditions across their lifespans by contributing original research and review articles. Investigators will contribute to addressing the following, but not limited to, potential topics:

- Examining an association of varied types and intensity levels of physical activity with specific physical health and/or psychological health for a targeted population with or without chronic conditions.
- Identifying the mediators and/or moderators of a relationship between physical activity and physical and/or psychological health for a targeted population.
- Examining the effects of innovative physical activity interventions on improving and/or maintaining specific physical and/or psychological health among a targeted population.
- Examining the effects of technology-enhanced/integrated physical activity interventions on improving specific physical and/or psychological health for a targeted population.

