

Sports and physical activities for men's health

Guest Editor



Sung-Un Park

Department of Sport &
Leisure Studies,
Shingyeong University,
South Korea
psu@sgu.ac.kr

Submission deadline
30 November 2021

More Details:



Dear Colleagues,

It is our pleasure to have this special issue on "Sports and physical activities for men's health" with the *Journal of Men's Health*.

Regular physical activity, such as participation in sports, can prevent many types of chronic diseases such as heart disease, stroke, diabetes and osteoporosis. It can also improve psychological health by reducing anxiety, stress, and depression. Therefore, encouraging participation in sports is one of the most effective ways to increase physical activity. Especially, Due to the COVID-19 pandemic, sports and physical activity are expected to be poor, and this is believed to adversely affect the health of men and women.

The purpose of this special issue is to examine the effectiveness of participation in various sports and physical activities on men's health. It is expected that we will be able to review various aspects of effective sports and physical activities for promoting men's health.

In this special issue, we welcome contributions that describe and enumerate the sports and physical activities for men's, health. Your contribution is welcome in form of original article, case report, commentary and review. This special issue allows an opportunity to address the following types of topics.

Topics of Interest:

- Sports and physical activities for health promotion.
- Sports and physical activities for social development.
- Sports and physical activities during COVID-19 pandemic.
- Gender Differences in sports and physical activities.

More information: <https://www.jomh.org/special-issues/1351352296053587968>