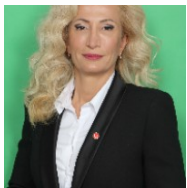


# Physical activity, exercise, and athletic performance for men's health

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Dear Colleagues,

Physical activity and exercise are vital for men's health in numerous ways. Regular physical activity can help prevent chronic diseases such as cardiovascular disease, metabolic disorders, various types of cancer, and mental health issues like depression and dementia. Engaging in physically demanding exercises offers measurable health gains and contributes to overall physical fitness and quality of life for men of all ages. In addition to the prevention of diseases, physical activity and exercise play a significant role in enhancing sports performance, improving balance, and aiding in injury prevention and postural control. The positive association between exercise participation and men's health has been widely recognized, and it's clear that focusing on these areas is essential for the improvement and protection of men's health.

Athletic performance is closely linked to men's health in several ways. Engaging in regular physical activity and exercise can significantly enhance athletic performance, leading to improved physical fitness, strength, endurance, and agility. Additionally, a focus on athletic performance often leads to the adoption of healthier lifestyle choices, including a balanced diet and a commitment to staying physically active, which directly contribute to better overall health. Furthermore, by emphasizing athletic performance, men are more likely to build and maintain muscle mass, improve cardiovascular health, and develop a more resilient and capable physique. The pursuit of athletic performance also encourages individuals to set and achieve fitness goals, leading to increased motivation and mental well-being. Ensuring proper guidance and a tailored approach to athletic training can be beneficial for optimizing men's health and performance.

Considering the above, this Special Issue comes into the current debate and contributes to defining a general framework to allow identifying the ways to protect and maintain men's health. Original research articles and review articles, focusing on and providing recent approaches/methods on the current issues related to physical activity, exercise, and athletic performance for optimizing men's health, are particularly welcome.

**Keywords:** Physical activity; Exercise; Athletic performance

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