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### Special Issue announcement

## Insights and Management of Sports Injury or Health Risks for Male Recreational Athletes

### Guest Editor



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Men often participate in recreational sports to play for fun, participation, or social engagement and it benefits men in the following ways: diabetes, cholesterol, depression and anxiety, blood pressure, weight, testosterone level, colon cancer, bones, and erectile function, life longevity. However, men's physical injuries during recreational activities occur frequently, although expectations regarding performance and commitment to the sport are lower compared to competitive sports. Sports injuries include joint dislocations, strains, concussions, fractures, knee injuries, swelling, sprains and strains, rotator cuff injuries, and Achilles tendon ruptures.

It is important to provide insight into the sports-related injuries in male recreational athletes in order to improve men's quality of life. Interventions to decrease injury risk and improve health can be classified into three major categories; application of personal countermeasures (*e.g.*, ankle or knee braces), behavioral and/or physical interventions (*e.g.*, mental or physical training programs), and understanding of the injury mechanisms (*e.g.*, psychological, physiological, or/and biomechanical evaluations).

The special issue on Insights and Management of Sports Injury or Health Risks for Male Recreational Athletes focuses on advanced knowledge of physical injury risk factors or practical implications of physiological, psychological, or physical interventions for minimizing injuries. We welcome a diversity of articles, such as conceptual and empirical studies, reviews, critical comments, and meta-analyses, for submission to this special issue.

Prof. Sukwon Kim  
*Guest editor*

**Keywords:** Sport injury; Physical injury; Physiology; Psychology; Injury mechanism; Training; Health risks; Recreational sports; Joint mechanics; Tears; Mechanical Loading; Tendon; Muscle; Ligament

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