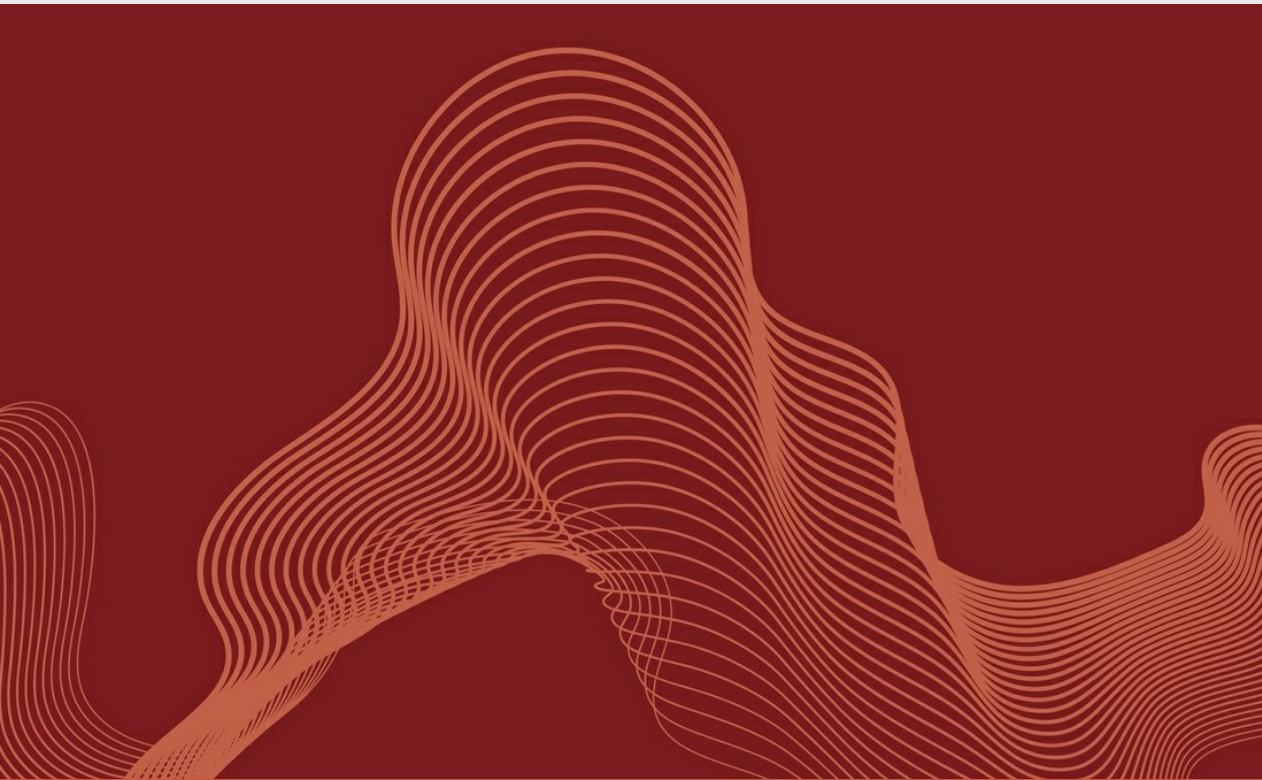


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# Sports, Performance and Wellbeing



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# **SPW Sports, Performance and Wellbeing**

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SPW advances integrative research on human movement, physiological function, and psychological factors within sport and exercise contexts, emphasizing how biomechanical, physiological, and mental processes interact to shape performance, resilience, and injury prevention. The journal welcomes innovative studies that deepen understanding of athletic development, rehabilitation strategies, and health-related outcomes across diverse populations and activity settings, fostering a holistic evidence base for practitioners, scientists, and policymakers working to enhance sports performance and wellbeing.

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## SHORT DESCRIPTION ABOUT THIS CATEGORY

The Sports, Performance and Wellbeing Journal is a peer-reviewed academic journal that seeks to advance the integrated study of human movement, physiological responses, and psychological factors in the context of sports and exercise. Our mission is to provide a comprehensive platform for innovative research that explores the complex interactions between biomechanical processes, physiological functions, and psychological states, contributing to a holistic understanding of athletic performance, injury prevention, and mental resilience.

