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## **Sport and Exercise for Health and Performance**

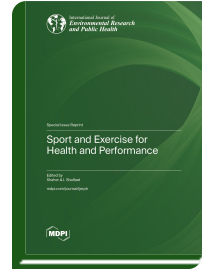
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This reprint aims to make a significant contribution to the field by exploring a broad spectrum of interconnected areas that can directly influence the safety and effectiveness of training regimens. Another key focus is the role of relational coordination between individuals, trainers, administrators, health personnel, clubs, and other stakeholders. Effective communication and coordination across these entities are critical to ensuring a safe environment for all participants.



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