



behavioral sciences



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Bridging Behavioral Sciences and Sports Sciences

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This Special Issue features innovative research exploring the interdisciplinary nexus used to enhance sports sciences, optimizing athletic performance, health and well-being. Highlighted studies include Taveira et al.'s investigation into older adults' continuance intentions for online exercise classes, revealing psychological motivators and barriers. Koybulan et al. examine smartphone addiction among athletes, identifying behavioural and environmental correlates and their impact on performance and mental health. Deng et al. contribute a systematic review on motor imagery training, elucidating its benefits for tennis players. Further studies enrich this Special Issue: Calella et al. explore sedentary behaviours and eating habits in Southern Italy; Costa et al. identify psychophysiological predictors of performance among university students; and Kim et al. assess the impact of athletic justice on satisfaction and commitment among elite Saudi athletes. Furthermore, Kulak et al. study the effects of sustainable exercise on women's self-efficacy and life satisfaction; Liu et al. examine physical activity's impact on cancer patients; and Batista et al. investigate activity patterns in Portugal. Finally, Jee et al. present studies on sports fans' ticket purchase behaviours. This Special Issue contributes to bridging the gap between behavioural and sports sciences, inspiring future interdisciplinary collaborations.



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