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International Approach of Physical Activity and Health: Accomplishment and Challenges

International Approach of Physical Activity and Health: Accomplishment and Challenges

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Today, we are here to celebrate the birth of the International Journal of Physical Activity and Health (IJPAH). Volume 1, Issue 1, has officially been published with the original research manuscripts. I would like to take this opportunity to thank the international professionals in the field of physical activity and health and ICSPAHA for your trust and confidence in me. I am truly honored to serve as the founding editor-in-chief of the International Journal of Physical Activity and Health.

The creation of this journal has been a team effort that has taken many years. In the 1990s, many international scholars had a dream to establish a journal, which specifically addresses the global issues surrounding physical activity and health. The journal should be accessed and have contributions of professionals from all over the world. Many individuals have put a lot of energy into helping birth this journal. The journal taskforce members, mainly of ICSPAHA affiliated with the SHAPE AMERICA, have had numerous meetings to prepare the journal in last few years. In 2021, the first editorial board was established. The editorial board members have worked many months to establish the policies and procedures for the journal. Without all of your trust and hard work, we would not be here today. So, thank you all for your hard work.

In today's world, physical inactivity and related health problems has been an important international issue which needs to be addressed on a global scale. However, before 2010, there were few standardized instruments suitable to address and compare the physical activity issues in different countries. Many challenges we have been facing today need international efforts to study. In the 21st century, population aging has become a social problem in many countries. The population aged 65 and older has significantly increased in the last 20 years. The physical activity and health of the older population needs more attention than ever. The rapid urbanization in many developing countries such as China and India are associated with lower levels of physical activity and energy expenditure. As longevity increases and fertility rates decline, we have seen health problems and social issues become more prevalent in almost all countries, which requires researchers to pay attention to such changing demographics. In recent years, physical activity and health research has attracted more researchers from around the world. The International Journal of Physical Activity and Health will provide a platform for the publication of physical activity and health issues on a global scale.

Focusing on an international approach, the International Journal of Physical Activity and Health will specifically publish original research, practice reports, and review papers relevant to the science and practice of physical activity, sport, and physical education as it relates to health and health outcomes. The International Journal of Physical Activity and Health is an interdisciplinary journal publishing research from many disciplines, including exercise science, physical education, public health, motor behavior, recreation, sports sociology, and sports management.

The scope of this journal includes, but is not limited to: the association of physical activity with chronic disease, injury prevention and control, and other health outcomes; the distribution and the determinants of physical activity and sedentary behaviors, and the interrelationship of physical activity with other lifestyle behaviors such as sleeping and diet; the assessment of physical activity and sedentary behavior and related health outcomes; and physical activity surveillance, practice, and intervention efforts focusing on promoting physical activity and health.

In Volume 1, Issue 1, we present you the original research articles and hope that you will enjoy reading them. The newly established International Journal of Physical Activity and Health has the responsibility of following the course and forging ahead into a greater future of the international approach of physical activity and health. We are very grateful for your support in the development of the IJPAH. We are sure that we can count on your continued support of the journal, as well as journal promotion, improvement, submission and review. With all of your help and support, we believe that the International Journal of Physical Activity and Health will be a top journal in the field in the near future.