

Movement, Health, and Humanity: A Global Vision for Sport and Health Sciences

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Abstract

The International Journal of Sport and Health Sciences (IJSHS) is established to advance interdisciplinary scholarship at the intersection of sport, physical activity, and human health. Guided by a holistic understanding of health, the journal seeks to promote rigorous research into the physiological, psychological, behavioural, and social dimensions of movement. Embracing a global perspective, IJSHS welcomes investigations of contemporary exercise approaches alongside traditional and culturally diverse movement practices. Through scientific integrity, methodological rigour, international collaboration, and open scholarly communication, the journal aims to bridge research and practice, encourage innovative approaches to health promotion, and facilitate the exchange of knowledge across disciplinary and cultural boundaries. Ultimately, IJSHS aspires to advance the science of movement in service of human health, well-being, and quality of life.

Keywords: Sport science; Physical activity; Health promotion; Movement practices; Mental health; Human well-being

Movement is both a biological necessity and a deeply human practice. It enables people to play, learn, compete, recover, connect with others, and participate in everyday life. Yet opportunities to move are unevenly distributed, while insufficient physical activity remains an urgent public-health concern. The World Health Organization (2020, 2022) has called for evidence-based action across populations and sectors. Against this background, the International Journal of Sport and Health Sciences (IJSHS) begins with a simple proposition: research on sport and movement should advance knowledge while contributing, responsibly and inclusively, to human health and well-being.

The scope of this ambition extends well beyond competitive performance. Sport, exercise, physical education, and daily physical activity intersect with physiological function, psychological experience, social participation, and quality of life. Bailey (2006) described the potential educational benefits of school sport across multiple developmental domains, while cautioning that positive outcomes depend on the conditions in which participation occurs. This distinction matters throughout the lifespan. We should ask not only whether a movement programme works, but for whom, compared with what, through which mechanisms, and under which social and practical circumstances. The journal welcomes work that answers these questions with appropriate designs, transparent reporting, and measured interpretation.

Human movement also carries cultural meaning. Across the world, communities have developed distinctive forms of exercise, dance, games, martial arts, and mind–body practice. Yoga, Tai Chi, Baduanjin Qigong, Capoeira, and many other practices illustrate a much wider landscape; none should stand in for all traditions, and their purposes or effects should not be assumed to be identical. We use the inclusive expression

“culturally diverse movement practices” to invite careful research across these contexts, alongside studies of contemporary exercise and organised sport. A bibliometric study of Baduanjin by Zeng et al. (2025), for example, maps a particular research field and points towards future enquiry; it does not, by itself, establish therapeutic efficacy. IJSHS welcomes intervention trials, observational studies, qualitative accounts, implementation research, and evidence syntheses that examine such practices with sensitivity to culture and with the same methodological scrutiny applied to any other form of physical activity.

Health itself cannot be reduced to a single physiological outcome. Movement takes place within educational, interpersonal, and institutional environments that shape engagement and its consequences. Psychological understanding and health education can help explain whether individuals are able to interpret information, make informed decisions, and sustain beneficial behaviour. The conceptual review of mental health literacy by Zeng et al. (2024) reminds us that understanding, empowerment, and action deserve attention together. In the pages of IJSHS, interdisciplinary dialogue among sport science, psychology, medicine, rehabilitation, education, public health, and the social sciences will be encouraged without presuming that every study must address every domain.

This journal also looks outward to the settings in which research is used: classrooms, sporting organisations, clinics, workplaces, homes, and public spaces. We invite scholarship on exercise prescription, injury prevention, physical education, community programmes, healthy ageing, and the possibilities and limitations of digital tools. Sound research can clarify what is effective and feasible, but translation into practice requires attention to affordability, accessibility, safety, ethics, and local priorities. An international journal has a particular responsibility to welcome evidence from different regions and to avoid presenting findings from one population as universally applicable.

Our editorial commitment is to credible and open scholarship. Manuscripts should present clear questions, appropriate methods, ethical safeguards, accurate citations, and transparent accounts of uncertainty and limitation. Null findings, replications, and carefully conducted research addressing overlooked populations may be as informative as striking positive results. Peer review should be independent and constructive, and publication decisions should rest on scholarly merit rather than the prominence of an institution, author, or movement tradition. By supporting responsible dissemination and dialogue, IJSHS aims to bring rigorous research into closer conversation with those who teach, practise, study, and benefit from movement.

We launch IJSHS with an invitation rather than a claim to have settled the field. The relationships among movement, performance, health, culture, and society are too complex for any single discipline or tradition to explain. Our task is to make those relationships more intelligible through shared inquiry, to test promising ideas without overstating evidence, and to ensure that discoveries can inform equitable health-promoting opportunities. From sport and exercise to culturally diverse movement practices, the journal’s horizon is broad; its purpose is clear: science in the service of human health and well-being.

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