

Journal of Sports and Physical Development: A welcome letter

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Sport is deeply rooted in human culture and has, for centuries, represented a field of remarkable achievements, dedication, and unity. Over the decades, athletes from various disciplines – from tennis and basketball to athletics, volleyball, and many others – have become symbols of success, talent, and perseverance. Their accomplishments have not only shaped the history of sports but have also inspired generations of young people around the world to follow in their footsteps.

Driven by this enduring passion for sports and its impressive legacy, the idea emerged to establish Journal of Sports and Physical Development. This journal aims to bridge science and practice, providing a platform for research on sports training, physical activity, and health, thus contributing to the global advancement of sports science.

The establishment of this journal is inspired by the universality of sports, which transcends temporal and spatial boundaries. Sport is an eternal topic, inseparable from human society, which is continuously evolving and improving. With the advancement of technology, understanding of sports processes, physical performance, and health aspects is becoming more comprehensive and detailed. For this reason, there is a need to create a platform where the latest insights into sports and physical development can be systematized, analyzed, and shared.

Journal of Sports and Physical Development aims to unite contemporary trends and developments in the field of sports, providing experts, scientists, coaches, and enthusiasts a space for exchanging ideas and insights. This journal is not just a publication but a bridge between various areas of sports sciences, with a particular emphasis on interdisciplinarity and innovation.

The title Journal of Sports and Physical Development was carefully chosen to reflect the journal's comprehensive approach to sports and its deep connection to physical development and progress. This title not only highlights the universality of sports as a fundamental field that connects people across the world but also emphasizes its ability to develop and adapt to contemporary needs, both at professional and amateur levels. Sport is, regardless of geography or cultural differences, a common language that enables individuals, communities, and nations to connect, and as such, it deserves detailed and serious research in all its aspects.

The word "Sports" in the title points to the core theme of the journal, which deals with all types of sports activities and their impact on the human body, society, and culture. Research in the field of sports covers a wide range of topics, from the analysis of sports techniques and tactics to understanding the physical and mental aspects of athletes, as well as studies on the roles that sports play in social interactions and community development. Sport is a dynamic and complex activity that not only affects physical health but also shapes identity, moral values, and social cohesion.

Additionally, the term "Physical Development" expands the scope of the journal to a broader context of human physical development. This encompasses processes that occur within the human body during sports activities as well as in periods of rehabilitation and physical recovery. Physical development is not only related to sports performance but also to everyday health and well-being. Understanding these processes is a key element for optimizing healthy lifestyles, preventing injuries, and improving overall health.

Given the wide range of fields that sport encompasses, the Journal of Sports and Physical Development addresses different disciplines that form the foundation of sports sciences. Through thematic sections covering sports, biomechanics, physiology, rehabilitation, and education, the journal offers in-depth and comprehensive research in these areas, making it a relevant source for various types of research and professional practices.

The combination of all these areas makes Journal of Sports and Physical Development an indispensable resource for anyone involved in sports sciences and practices. The journal not only contributes to the advancement of science and research in sports but also provides valuable information for practitioners, coaches, physiotherapists, and anyone involved in improving sports performance and physical health.

Thanks to its multidisciplinary approach, the journal has become a key platform that connects different scientific disciplines and facilitates cooperation, exchange of ideas, and innovation. This opens the space for further development of sports as both a

scientific and social discipline, as well as for the application of new insights that will shape the future of sports and physical development.

Journal of Sports and Physical Development is envisioned as a dynamic space that follows contemporary trends and encourages innovation in sports. As such, it has the task of bringing together experts from different fields, uniting scientific and practical insights, and making a significant contribution to the development of sports, health, and education. In an era when sport is becoming an increasingly significant part of global culture, this journal has the potential to become a leading source of information for those who wish to stay up to date with contemporary achievements in sports and physical development.

Journal of Sports and Physical Development calls for the development of new international initiatives in the spirit of collaboration and critical intellectual inquiry. Our goal is to create a space for the productive exchange of ideas and research that will contribute to the advancement of sports sciences and physical development. We believe in the power of collective effort to enhance sports performance, health, and physical well-being. Through collaborative work, with open minds and engaged bodies, we strive to address the challenges of contemporary society and contribute to the development of sports in line with the needs and challenges of today.