


# Sustainability and sports science: A new way for a better future

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Dear Editor:

This title demonstrates the commitment of this journal to unite two fields of knowledge that are closely linked. On the one hand, **caring for the environment** and on the other **physical exercise**.

For three decades, international authors have begun to reveal the possibility of expressing the importance of practicing sports in the territories where they are carried out. Likewise, it has already been shown in different publications that sport shares a large part of its values with **Sustainable Development**, which contribute to improving human development (improving public health), social development (promoting stability, tolerance, integration, promotes gender equality and social cohesion), economic development (stimulates investment and employment), and finally political-institutional development (promotes peace and respect for democratic rules).

In the same way, sport as a community can play a very important role in the dissemination and awareness of the values of Sustainable Development which, ultimately, implies not conditioning the freedom of action of future generations, avoiding environmental degradation and social imbalances.

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Submitted for publication May 16, 2023.

Accepted for publication May 16, 2023.

Published May 16, 2023.

[Sustainability and Sports Science Journal](#).

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Identifier: <https://doi.org/10.61486/WMEP7868>

Special attention will be paid in our journal to:

- Saving and efficient use of water.
- Minimize the use of energy, promotion of renewable energy.
- Reduction of waste, support for recycling and reuse.
- Minimize the effects on Biodiversity. Restore affected areas.
- Preservation of archaeological, historical and cultural heritage
- Fight against violence in sports events.
- Promote the inclusion and cohesion of all social sectors.

For this reason, in our publications they will promote important aspects to ensure that the sports context can carry out:

- -Institutional integration of the principles of Sustainable Development.
- -Implementation of environmental integrity and social cohesion criteria.
- -Participation, promotion and dissemination processes of Sustainable Development.
- -Collaboration with other agents related to the care of the environment.

In a very ecological and sustainable sense, *Sustainability and Sport Science Journal*, will collect this relevant core of sustainable development, having the obligation to dedicate a large part of its publications to making the planet more sustainable and humane.

The best works will be selected in the publication to pay tribute to mother nature and physical activity.

**Keywords:** Sustainable development, Health, Physical activity, Sports science, Environment, Technology, Innovation, Sport management.

**Cite this article as:**

Gomis-Gomis, M.J., Pena-Pérez, X., & Pérez-Turpin, J. A. (2023). Sustainability and sports science: A new way for a better future. *Sustainability and Sports Science Journal*, 1(1), 1-2. <https://doi.org/10.61486/WMEP7868>

## REFERENCES

Gomis-Gomis, M. J., Pérez-Turpin, J. A., & Pena-Pérez, X. (2022). Scientific Journal of Sport and Performance: A new trend of physical exercise and sports performance in 2022: Letter to the Editor. *Scientific Journal of Sport and Performance*, 1(1), 1–3. <https://doi.org/10.55860/MKPP1375>



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