



# **JOURNAL OF HEALTH AND HUMAN MOVEMENT STUDIES**



**DEPARTMENT OF HUMAN KINETICS  
AND HEALTH EDUCATION**

**Prince Abubakar Audu University, Anyigba,  
Kogi State, Nigeria**

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## JOURNAL DESCRIPTION

The Journal of Health and Human Movement Studies is a peer-reviewed journal published by the Department of Human Kinetics and Health Education (Prince Abubakar Audu University, Anyigba) dedicated to advancing the fields of education, health and human movement sciences. This peer-reviewed journal serves as a valuable resource for researchers, scholars, and professionals interested in the multifaceted aspects of education, human movement, physical activity, and their implications on health and well-being.

The journal seeks to publish a wide range of articles, research papers, and reviews that explore diverse topics within education, kinetics and health studies. These topics encompass exercise physiology, biomechanics, sport psychology, sociology, health promotion, physical education, kinesiology, education, teaching methodology, research, curriculum, professional issues and other related areas. The journal is committed to promoting interdisciplinary research, making it an essential platform for scholars who seek to bridge the gap between theory and practice. Readers can expect to find rigorous scientific research, evidence-based practices, and innovative strategies intended to have a high impact on both theory and practice for a wide readership. The Journal of Health and Human Movement Studies will be published once for its maiden edition and two times in a year in May and October for other editions.



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