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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.

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