



Sports for All... Reality and the Future After COVID-19.

Prof. Dr / Yehia Mohamed Elhariri ⁽¹⁾, Prof. Dr/ Tarek Yassin Abdelsamad ⁽²⁾, Prof. Dr/ Mohab Abdelrazak Ahmed ⁽³⁾

(1) Professor of Department of Physical Fitness, Gymnastics and Sports Shows -faculty of Physical Education for men - Alexandria University.

(2) Professor of Sport Psychology, Department of Fundamentals of Physical Education, Faculty of sport Education for men, Alexandria University.

(3) Professor of Department of Physical Fitness, Gymnastics and Sports Shows -faculty of Physical Education for men - Alexandria University.

Abstract

Sports for All... Reality and the Future after COVID-19

COVID-19, that was caused by Cov-2 – SARS in its renewed forms, continues to spread worldwide, causing concern, and exercise may provide a protective element that controls the viral pathway.

-The researchers sought to explore the opinions of specialists about the challenges that the next years present in the sports sector for all in the presence of the pandemic.

-Purpose:

The purpose of this study was to Be Forecasting the future of the sports for all sector after the COVID-19 pandemic, in light of the data of the Arab reality.

-The sample consisted of 162 respondents from all sectors of the field of sports for all (training / management/ media / marketing / medicine).

-Use a 25 phrases questionnaire to achieve the objective

-Distribute the questionnaire through the Google form the most important results indicate that:

-Achieving the health conditions associated with COVID-19 when practicing sports for all requires the development of balls, rackets, nets, clothing, and the structural engineering of stadiums.

-Modifying the scientific programs for sports for all in academic sports institutes is an important requirement.

-The discovery of a vaccine and /or a treatment for the COVID-19 pandemic will return sports for all to its previous status before the emergence of the pandemic.

-In the era of COVID-19, a sport for all has become an important part and is no longer a luxury or a marginal thing.

Keywords : (Sports; Reality; Future; COVID)

Introduction:

COVID-19, that was caused by Cov-2 – SARS, led to a global destructive threat in regards of health and economy. It has impacted all aspects of life, including the sports field, which is an important and essential part of people's lives. The virus usually infects lung and respiratory tissues initially, but in extreme cases it damages nearly all major organs in the body, which can lead to severe systemic failure for some people. Unfortunately, there is no effective cure for this disease currently.

COVID-19 virus disease, in its renewed forms, continues to spread throughout the world, causing public health concern (16). So far, there are very limited medicines available for this disease, (9) (10), and these medicines need more clinical trials to evaluate their safety and efficacy. For this reason, other strategies against COVID-19 are needed for prevention and treatment. In the long run, exercise may provide a protective element that controls the viral pathway and improves inflammation (9).

The sports for all sector is one of the large sectors in the field in terms of the very large number of practitioners globally and locally, but it has been affected by the Covid-19 pandemic as a result of the restrictions of precautionary measures. Therefore, the global pandemic has put everyone in front of fundamental difficulties related to the future of the sports sector for all. In the beginning, the epidemic

caused a great disturbance in all people's routines (2)(6)(11). And this led to the closure of gyms, playgrounds, swimming pools, fitness yards, parks and physiotherapy centers.

This reduced the possibility of practicing physical activity in outdoor places (4)(5) due to the new measures taken to prevent infection with COVID-19 disease, such as ensuring personal hygiene, especially the hands that the athlete may use to hold various tools or devices, as well as greatly reduce the number of athletes in open and closed training places to achieve social distancing and health safety.

After that, new strains of the rapidly contagious virus appeared, such as "Delta", threatening waves of new outbreaks of the disease.

Researchers have sought to explore the opinions of a group of specialists about the challenges and developments that the next few years will present to reduce the uncertainty as much as possible. Accordingly, the results of this research before policy makers for the purpose of planning for the coming years.]These plans are to be made[within the framework of what the World Health Organization has stated, that the demise of the COVID-19 pandemic through vaccination or treatment or both does not mean that things will return to the way they were]before the pandemic[. As new viruses may appear that pose a greater danger than those caused by the emerging corona, the need for

exercising sports increases. Its many organic and psychological benefits, which increase in conditions of lack of resources, and the lack of financial expenses compared to competitive sports. Therefore, we conclude that the need for sports for all may increase at the expense of competitive sports in the era of the COVID-19 pandemic and the years beyond. Consequently, the need to anticipate beyond COVID-19 may also increase, which helps to take accurate and good decisions at the lowest cost in light of the available data.

Purpose:

The purpose of this study was to Forecasting the future of the sports for all sector after the COVID-19 pandemic, in light of the data of the Arab reality.

Research terms:

Sports for all sector: The sector of practicing sports for recreational and health purposes without participating in organized regular periodic competitive events.

Materials and Methods:

Subjects: The research questionnaire was applied in an Arabic domain for a period of 6 weeks from November 25th, 2020, to January 5th, 2021.

- The sample consisted of 162 respondents from all sectors belonging to the field of Sports for All (training / management / sports media / sports marketing / sports medicine).
- The sample included Arab respondents from Arab countries: Egypt, Libya, Saudi Arabia, Syria, Palestine, Kuwait, Bahrain, Lebanon, Algeria, Jordan, and others living in Japan, the United States of America and Germany.

Questionnaire:

A questionnaire to explore the future of sports for all sectors. In preparing the questionnaire, we relied on: Reviewing the literature of foresight science as an attempt to discover problems before they occur, and then prepare early to confront new future variables. In this regard, Loveridge (2009) points out that forward-looking studies place great hopes on human horizons that are greater than the tools and knowledge that we have (8).

- The questionnaire in its final form, consisting of 25 phrases, includes two axes:

- The first axis deals with the role of sports for all during COVID-19 and includes 12 phrases.
- The second axis is about the role of sports for all after COVID-19 and includes 13 phrases. The assessment is made based on three options with the “Likert” scales of assessment:
A- I agree B- I don't know C- I don't agree.
- Distribution of the questionnaire was through Google form, where the electronic link <https://forms.gle/eCxhMGQtQk88VH8n7> was sent to the e-mail or WhatsApp application to the sample members.

Validity and Reliability:

The questionnaire, in its initial form, was presented to five professors of the teaching staff in some Egyptian universities in the fields of sports sociology, sports recreation, health education, measurement and evaluation in the sports field (two professors), to judge the comprehensiveness of its vocabulary related to behavioral manifestations, verbal formulation and clarity of vocabulary, and techniques where their observations were utilized in preparing the final form of the questionnaire, and then application to the research sample .

The researchers adopted the questionnaire phrases approved by the judges by (100%) only, and accordingly the process of deletion or modification was carried out, and the number of the questionnaire sentences was changed from (29) in its initial form to (25) in its final form after arbitration.

Internal consistency validity:

The internal consistency of the questionnaire was conducted on a pilot study sample to legalize the questionnaire under study. The sample consisted of (20) respondents from the same research community and from outside the research sample, with the same basic sample specifications for research, in two stages. The first stage is to calculate the correlation coefficient between the score of each statement in the questionnaire and the total score for its axis, and the second stage is to calculate the correlation coefficient between the total scores for each axis and the total score for the questionnaire.

*Table (1)
the internal consistency validity coefficient (ICVC) for the phrases of the first axis: The role of sports for all during COVID-19 N = 20*

N	Phrases	ICVC
1	Sport for all relieves the psychological stress caused by the fear of COVID-19.	0.75 *
2	Walking is one of the best sports activities in the presence of COVID-19.	0.54 *
3	Sport is more important for everyone, both physically and psychologically, in the presence of COVID-19	0.64 *
4	Sport for all contributes to reducing stress that may result from the presence of COVID-19.	0.71 *
5	Sports for all activities at home is one of the factors that prevent weight gain that may result from increased stay at home for fear of COVID-19.	0.75 *
6	Does COVID-19 have a positive impact on sports for all or recreational sports?	0.64 *
7	Did sports for all or recreational sports return to normal after the emergence of COVID-19?	0.56 *

N	Phrases	ICVC
8	In the presence of COVID-19, the components of the foods of sports for all practitioners or recreational sports will change to include an increase in the types that gain immunity.	0.45 *
9	Sports for all or recreational sports increase the immunity required to prevent COVID-19.	0.77 *
10	One of the positives of COVID-19 is the spread of sports for all activities at home.	0.51 *
11	Sports for all activities provided an easy solution for the elderly to exercise at home without leaving to go outside, where the danger of COVID-19.	0.47 *
12	Home sports for all activities are a suitable solution during the school year for students who remain at home most of the week due to COVID-19.	0.75 *

*The tabular correlation coefficient "r" was significant at the level of 0.05 = 0.

It is evident from Table (1) that all the phrases of the first axis have a statistically significant internal consistency coefficient at the 0.05 level.

Table (2)

The internal consistency validity coefficient (ICVC) for the phrases of the second axis: The role of sports for all after COVID-19 N = 20

N	Phrases	ICVC
13	COVID-19 will lead to the development of equipment of (sports for all): balls/rackets/nets.	0.68 *
14	COVID-19 will lead to the development of sportswear and personal items for sports for all	0.74 *
15	COVID-19 will lead to the development of structural engineering for open and closed stadiums for sports for all practitioners to achieve health conditions.	0.64 *
16	Scientific programs for sports for all or recreational sports in academic sports institutes must be modified due to COVID-19.	0.60 *
17	The anxiety generated by COVID-19 will increase the importance of sports for all or recreational sports.	0.52 *
18	Precautionary restrictions will reduce sports for all activity or recreational sports.	0.60 *
19	Precautionary restrictions will reduce the material gains of sports for all activity or recreational sports.	0.58 *
20	The discovery of a vaccination and / or treatment for COVID-19 will lead to the return of sports for all or recreational sport as it was before the pandemic.	0.57 *
21	Free sports for all activities (without tools or equipment) will gain an advantage over activities with tools that may transmit the COVID-19 virus to others.	0.47 *
22	Because of the fear of COVID-19, you will prefer sports for all that are practiced at home to those that are practiced in training halls.	0.60 *
23	In the presence of COVID-19, sports for all will become an important part of daily tasks, not a luxury.	0.55 *
24	Sports for all practitioners will adapt more than those who do competitive sports to COVID-19.	0.54 *
25	The economic cost of COVID-19 will reduce interest in high-cost competitive sports and increase interest in sports for all.	0.50 *

*The tabular correlation coefficient "r" was significant at the level of 0.05 = 0.44

It is evident from Table (2) that all the phrases of the second axis have a statistically significant internal consistency coefficient at the 0.05 level.

Table (3)

the internal consistency validity coefficient (ICVC) for each of the first axis and the second axis of the Sports for All questionnaire after COVID-19 N = 20

N	Axis	Internal Consistency validity Coefficient
1	First	0.93 *
2	Second	0.95 *

* The tabular correlation coefficient "r" was significant at the level of 0.05 = 0.44

It is evident from Table (3) that the sum of the degrees of the phrases of each of the first axis and the second axis together with the total sum of the degrees of the research has a statistically significant internal consistency coefficient at the level of 0.05.

The reliability of the questionnaire:

To determine the questionnaire reliability, the researchers used the method of re-applying the questionnaire to the same pilot study sample, which consisted of (20) respondents from the same research community and from outside of the research sample and with the same basic sample specifications.

Table (4)
the reliability coefficient of the research questionnaire: N = 20

First Measure			Second Measure			Difference between Means	Value of T	Reliability Coefficient R
Arithmetic Mean	Standard Deviation	skew coefficient	Arithmetic Mean	Standard Deviation	skew coefficient			
66.90	3.61	-1.91	66.70	4.73	-1.08	0.20	0.15	0.82 *

The tabular value of the T at 0.05 level = 2.03 was significant at the level of 0.05 = 0.44

The tabular correlation coefficient "r" * Significant value 0.05

It is clear from Table (4) that the coefficient of reliability of the research questionnaire is statistically significant at the 0.05 level.

Results:

Table (5)
chi square test for the first axis phrases: The role of sports for all during Covid 19 N = 162

N	Phrases	Agree		Do not know		Disagree		Chi ²
		F	%	F	%	F	%	
1	Sport for all relieves the psychological stress caused by the fear of COVID-19.	152	93.8	6	3.7	4	2.5	*266.8
2	Walking is one of the best sports activities in the presence of COVID-19.	145	89.5	8	4.9	9	5.6	*230.0
3	Sport is more important for everyone, both physically and psychologically, in the presence of COVID-19	152	93.8	2	1.2	8	4.9	*267.1
4	Sport for all contributes to reducing stress that may result from the presence of COVID-19.	150	92.6	5	3.1	7	4.3	*256.0
5	Sports for all activities at home is one of the factors that prevent weight gain that may result from increased stay at home for fear of COVID-19.	153	94.4	4	2.5	5	3.1	*272.3
6	Does COVID-19 have a positive impact on sports for all or recreational sports?	81	50.0	23	14.2	58	35.8	*31.6
7	Did sports for all or recreational sports return to normal after the emergence of COVID-19?	35	21.6	30	18.5	97	59.9	*51.6
8	In the presence of COVID-19, the components of the foods of sports for all practitioners or recreational sports will change to include an increase in the types that gain immunity.	144	88.9	10	6.2	8	4.9	*225.0
9	Sports for all or recreational sports increase the immunity required to prevent COVID-19.	149	92.0	9	5.6	4	2.5	*250.9
10	One of the positives of COVID-19 is the spread of sports for all activities at home.	145	89.5	10	6.2	7	4.3	*230.1
11	Sports for all activities provided an easy solution for the elderly to exercise at home without leaving to go outside, where the danger of COVID-19.	139	85.8	13	8.0	10	6.2	*200.8
12	Home sports for all activities are a suitable solution during the school year for students who remain at home most of the week due to COVID-19.	137	84.6	10	6.2	15	9.3	*191.6

Chi square tabular at 0.05 level 5.991

* Significant at 0.05 level

Table (6)
chi square test for the second axis phrases: The role of sports for all after COVID-19 N = 162

N	Phrases	Agree		Do not know		Disagree		Chi ²
		F	%	F	%	F	%	
13	COVID-19 will lead to the development of equipment of (sports for all) :balls/rackets/nets.	108	66.7	31	19.1	23	14.2	*81.6
14	COVID-19 will lead to the development of sportswear and personal items for sports for all	109	67.3	33	20.4	20	12.3	*85.6
15	COVID-19 will lead to the development of structural engineering for open and closed stadiums for sports for all practitioners to achieve health conditions.	126	77.8	20	12.3	16	9.9	*144.1
16	Scientific programs for sports for all or recreational sports in academic sports institutes must be modified due to COVID-19.	134	82.7	13	8.0	15	9.3	*177.8
17	The anxiety generated by COVID-19 will increase the importance of sports for all or recreational sports.	128	79.0	18	11.1	16	9.9	*152.1
18	Precautionary restrictions will reduce sports for all activity or recreational sports.	109	67.3	12	7.4	41	25.3	*91.8
19	Precautionary restrictions will reduce the material gains of sports for all activity or recreational sports.	129	79.6	15	9.3	18	11.1	*156.3
20	The discovery of a vaccination and / or treatment for COVID-19 will lead to the return of sports for all or recreational sport as it was before the pandemic.	117	72.2	28	17.3	17	10.5	*111.4
21	Free sports for all activities (without tools or equipment) will gain an advantage over activities with tools that may transmit the COVID-19 virus to others.	135	83.3	12	7.4	15	9.3	*182.3
22	Because of the fear of COVID-19, you will prefer sports for all that are practiced at home to those that are practiced in training halls.	122	75.3	12	7.4	28	17.3	*130.8
23	In the presence of COVID-19, sports for all will become an important part of daily tasks, not a luxury.	139	85.8	11	6.8	12	7.4	*200.7
24	Sports for all practitioners will adapt more than those who do competitive sports to COVID-19.	112	69.1	20	12.3	30	18.5	*94.4
25	The economic cost of COVID-19 will reduce interest in high-cost competitive sports and increase interest in sports for all.	96	59.3	30	18.5	36	22.2	*49.3

Chi square tabular at 0.05 level 5.991

* Significant at 0.05 level

It is clear from the tables (5 and 6) for the (chi ²) test that there are significant differences at the level (0.05) in all the questionnaire phrases, as follows:

The first axis: the role of sports for all during COVID-19:

The phrases (1, 2, 3, 4) obtained the approval of the research sample with rates ranging from (89.5% to 93.3%), and they emphasize the importance of sports for all in relieving psychological stress. Especially that it relieves stress, through several physical activities, most importantly walking. Public health recommendations for social distancing and hygiene practices are paramount considerations, when initiating household physical activities that do not require large spaces or equipment, while being easily practiced at all times of the day such as: Walking, climbing stairs, and in this regard, mobile phone applications can be used to monitor exercise. And since these activities take place at home, the place must be emptied of furniture and the likes of it to avoid tripping or collision, with gradual access to performing exercises for at least 20 minutes or half an hour daily or day after day(4).

The phrases (5, 10, 11, 12) garnered approval rates (84.6%, 85.8%, 89.5%, 94.4%), respectively, and dealt with the spread of sports for all at home. Here the possibility of providing home exercise programs by exercise specialists, who use telehealth services, is indicated (1). Aerobic exercises should also be performed 3-5 times per week, and each training unit includes a warm-up and cool-down phase, with a routine of 5-10 minutes of muscle and nerve movement, as well as flexibility of major muscle groups (11)(13). This leads to the prevention of personal weight gain, the protection of the elderly from the risks of being exposed to COVID-19 outside the home, as well as providing sports practice opportunities for students, who remain at home for the majority of the week due to COVID-19 as well.

In the two phrases (8) (9) the role of sports for all is to increase the body’s immunity against epidemics and diseases (92%) with the help of focusing on the types of

meals that gain this immunity (88.9%). Nieman & Wentz (2019) indicated the beneficial role of physical activity in disease prevention. It is an adjuvant cure in chronic diseases with a protective effect on the immune system, the safety of which is critical to responding adequately to the threat of COVID-19 (12). Chen et al. (2020) and Ricci et al. (2020) recommend the importance of continuous physical activity to maintain healthy bodily functions and the immune system in an unsafe environment, and suggest a variety of simple, easy-to-implement exercises (7), (14).

Second Axis: The role of sports for all after COVID-19:

Phrases (13,14,15,21,22) garnered (66.7%,67.3%,77.8%,83.3%,75.3) percentages of approval respectively and it points to an anticipated modification in all aspects of recreational sports activities or sports for all, which applies the health restrictions related to COVID-19 (or what may occur from new diseases in the future) and that includes tools such as rackets, nets as well as sportswear and personal belongings and also the structural engineering for the outdoor and indoor playgrounds. Also, free recreational sports for all activities that are practiced without the need to use tools or equipment, or use playgrounds, will be preferred over those that need tools, equipment and playgrounds, as these tools, devices and stadiums may be a reason for transmitting the infection with COVID-19.

Phrase No. (17), which garnered an approval rate of (79%), indicated that the concern about getting infected with COVID-19 will increase the importance of sports for all, which calls for amending its scientific programs in academic sports institutes, as indicated by Phrase No. (16) which garnered approval rate of (82.7%). In this regard, it is indicated that education and higher education in sports sciences were more affected by the epidemic than any other field of scientific study. As it is not possible to apply virtual training in the field of sports as some other studies (5).

Phrase (20) which garnered an approval rate of (72.7%) indicates that the discovery of a vaccination and / or treatment for COVID-19 will return sports for all to its status before the emergence of the pandemic. The researchers believe that this has been partially achieved by the emergence of many vaccines with some reservations. This is due to the speed of its appearance compared to other previously manufactured vaccines, which were prepared and researched into over several years; in contrast to the current COVID-19 vaccines that are used under emergency conditions to reduce deaths and reduce the over-packing of hospitals, especially intensive care rooms. In this regard, the World Health Organization (2021) indicates that the speed with which COVID-19 vaccines can stop this pandemic will depend on several factors, including the effectiveness of the vaccines; how quickly they are

approved, manufactured and used, the possibility of the development of other mutated strains, and the number of people, who will receive the vaccination (17).

Phrase (23) which garnered (85.8%) approval emphasized the importance of sport for all in a healthy human life, as it has become an important part of daily routines. The active lifestyle, which helps treat most chronic diseases, increases the role of exercise specialists as part of preventive health care leading to a healthy community (15). Regular, non-competitive sport is no longer a luxury or a marginal thing, especially since it does not require a financial cost compared to competitive sports, (Phrase (25) with 59.3% approval). It has been proven that regular, repetitive, and planned physical activity is a good element to combat COVID-19 curatively and preventively (12). The effects of the immune response to physical exercise accumulate over time and form immune adaptations in both systems, innate and adaptive (3).

In addition to the above, the safe coexistence with COVID-19 for those who practice physical activity increases for sports for all practitioners more than the competitive sports that requires (i.e. competitive sports) interaction with others in many of its details, and the use of playground equipment necessarily, and the presence in an unsafe climate in general. If the expected adaptation of the pioneers of sports for all is expected to occur in the future, it has not occurred clearly so far, as phrase No. (7) indicates that with a percentage of approval of (59.9%).

Conclusions:

- In the presence of the Covid-19 pandemic, sports for all play an important role in relieving psychological stress, especially stress, through its physical activities, especially walking.
- Applying the health restrictions associated with COVID-19 when practicing sports for all requires the development of elements of practice that include balls, rackets, nets, sportswear and the structural engineering of outdoor and indoor playgrounds.
- Modifying the scientific programs for sports for all in academic sports institutes is an important requirement in the era of COVID-19.
- The discovery of a vaccine and /or a treatment for the COVID-19 pandemic will return sports for all to its previous status before the emergence of the pandemic.
- In the era of COVID-19, a sport for all has become an important part of the pattern of daily habits and is no longer a luxury or a marginal thing.

Conflict of Interest::

The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.

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