# Green Journals

International Approved Journals

## Journal Information

| | |
|---|---|
| **Journal Title** | Physical Activity Review |
| **Publisher** | |
| **ISSN** | 2300-5076 |
| **E-ISSN** | |
| **Database** | ERIH PLUS |
| **Domain** | Health Sciences, Life Sciences, Physical Sciences, Social Sciences |

## Classification History

| Year | A+ | A | B | C |
|---|---|---|---|---|
| **2026** | | | ✓ | |
| **2025** | | | | |
| **2024** | | | | |
| **2023** | | | | |
| **2021/2022** | | | ✓ | |
| **2020** | | | ✓ | |
| **2019** | | | ✓ | |
| **2018** | | | | |

**Classification:** The table above shows all journal classifications recorded for each classification year in the Green Journals database. A journal may have more than one classification in the same year.

## Recent Articles

**Psychological and Physical Determinants of Rescue Readiness: State and Trait Anxiety in Lifeguard Candidates**
2026 Vol. 14 Issue 2 Pages 24-34
Authors: Piotr Kruzołek, Jacek Wąsik, Mariusz Kuberski et al.
DOI: 10.16926/par.2026.14.18

**Accuracy of strokes and serves in para table tennis: a comparative analysis across integrated sport classes**
2026 Vol. 14 Issue 2 Pages 57-67
Authors: Szymon Galas, Justyna Satławska, Michalina Błażkiewicz et al.
DOI: 10.16926/par.2026.14.21

**Accelerometer-measured physical activity and sleep of adolescents in Ho Chi Minh City, Vietnam: A school-based cross-sectional study**
2026 Vol. 14 Issue 1 Pages 78-89
Authors: Vinh Q. Phung, Phong D. Nguyen, Trang H.H.D. Nguyen et al.
DOI: 10.16926/par.2026.14.07

**Physical Activity and Repetitive Precision Tasks as Determinants of Biomechanical and Viscoelastic Adaptations of the Flexor Digitorum Superficialis Muscle in Professional Shooters**
2026 Vol. 14 Issue 2 Pages 80-90
Authors: Sebastian Szajkowski, Jarosław Pasek, Grzegorz Cieślar et al.
DOI: 10.16926/par.2026.14.23

**The impact of a preparatory camp training program on balance in young female volleyball players**
2026 Vol. 14 Issue 2 Pages 46-56
Authors: Wiktoria Senator, Alicja Dziuba-Słonina
DOI: 10.16926/par.2026.14.20

**Winter Swimming and Influenza Morbidity: A Pilot Study in Western Poland**
2026 Vol. 14 Issue 1 Pages 112-120
Authors: Agnieszka Pluto-Prądzyńska, Jakub Owoc, Michalina Błażkiewicz et al.
DOI: 10.16926/par.2026.14.10

**The Self-Efficacy of Preservice Physical Education Teachers in Saudi Arabia Regarding the Inclusion of Students with Disabilities**
2026 Vol. 14 Issue 1 Pages 103-111
Authors: Zuhair A. Al Salim
DOI: 10.16926/par.2026.14.09

**Effects of a Pilates-Based Exercise Program versus transcranial direct current stimulation on Gait, Balance, and Quality of Life in stroke patients: A Randomized Controlled Trial**
2026 Vol. 14 Issue 2 Pages 113-123
Authors: Aisha M. Saleh, Hussein A. Shaker, Ebtesam M. Fahmy et al.
DOI: 10.16926/par.2026.14.26

**Effects of a Nine-Week High-Intensity Interval Training Program on Anaerobic Performance and Physical Readiness in Military University Cadets: A Randomized Controlled Trial**
2026 Vol. 14 Issue 2 Pages 68-79
Authors: Jan Florian, Vicente Javier Clemente-Suárez, Jan Pařík et al.
DOI: 10.16926/par.2026.14.22

**Does technical training increase the effectiveness of swimming at the initial stage of training in girls and boys?**
2026 Vol. 14 Issue 1 Pages 42-52
Authors: Monika Kolendowicz, Piotr Krużołek, Przemysław Lutomski et al.
DOI: 10.16926/par.2026.14.04