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| Book Name: | [Disease and Health: Research Developments](https://www.bookpi.org/bookstore/product/disease-and-health-research-developments-vol-1/) |
| Manuscript Number: | **Ms\_BPR\_4890** |
| Title of the Manuscript: | **The Need for Health andPrevention through Fitness Sports** |
| Type of the Article | **BOOK CHAPTER** |

**Special note:**

**A research paper already published in a journal can be published as a Book Chapter in an expanded form with proper copyright approval.**

**Source Article:**

**This chapter is an extended version of the article published by the same author(s) in the following journal.**

**European Journal of Sport Sciences, Vol 2| Issue 4| August 2023.**

**DOI:** [**http://dx.doi.org/10.24018/ejsport.2023.2.4.91**](http://dx.doi.org/10.24018/ejsport.2023.2.4.91)

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| PART 1: Comments | | |
|  | Reviewer’s comment **Artificial Intelligence (AI) generated or assisted review comments are strictly prohibited during peer review.** | Author’s Feedback *(Please correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)* |
| **Please write a few sentences regarding the importance of this manuscript for the scientific community. A minimum of 3-4 sentences may be required for this part.** | This manuscript presents a comprehensive analysis of the role of fitness sports in health promotion and disease prevention. It highlights the shift from curative to preventive healthcare approaches and discusses the socio-economic benefits of physical activity. The work is valuable for researchers, policymakers, and practitioners in sports sciences, public health, and fitness industries. The emphasis on fitness as a lifestyle component aligns with global health initiatives promoting physical activity. |  |
| **Is the title of the article suitable?**  **(If not please suggest an alternative title)** | The title is generally suitable and correct. |  |
| Is the abstract of the article comprehensive? Do you suggest the addition (or deletion) of some points in this section? Please write your suggestions here. | The abstract provides a good overview of the study. It should explicitly mention the type of literature reviewed, inclusion criteria, and key findings. |  |
| **Is the manuscript scientifically, correct? Please write here.** | The manuscript is scientifically sound and presents well-supported arguments. However, critical analysis comparing fitness sports with other preventive health measures would strengthen the argument. |  |
| **Are the references sufficient and recent? If you have suggestions of additional references, please mention them in the review form.** | The references are mostly recent and relevant, drawing on studies from reputable sources. However, the inclusion of more empirical studies from diverse populations would improve the manuscript’s applicability. The authors should consider adding references from recent systematic reviews on fitness sports and public health. |  |
| Is the language/English quality of the article suitable for scholarly communications? | The language is appropriate for scholarly communication but contains minor grammatical inconsistencies. A thorough proofreading for coherence and fluency is advised. |  |
| Optional/General comments | The manuscript would benefit from the inclusion of graphical representations (e.g., charts, models) to illustrate key trends in fitness sports.  A discussion on barriers to fitness participation (economic, cultural, psychological) would enhance its practical applicability.  The conclusion should include actionable recommendations for policymakers and practitioners. |  |

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| **PART 2:** | | |
|  | Reviewer’s comment | Author’s comment *(if agreed with the reviewer, correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)* |
| **Are there ethical issues in this manuscript?** | *(If yes, Kindly please write down the ethical issues here in detail)* |  |

**Reviewer details:**

**Ghulam Mustafa, Sarhad University of Science and Information Technology, Pakistan**