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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 is informative and certainly develops awareness among the readers.** |  |
| **Is the title of the article suitable?****(If not please suggest an alternative title)** | **“Role of Exercise and Sports in Physical Well-Being”.** |  |
| 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 is sufficient, it can further be improved by adding some personal suggestions apart from the theory narrated.** |  |
| **Is the manuscript scientifically, correct? Please write here.**  | **Yes, the theory and example/samples go well hand in hand.** |  |
| **Are the references sufficient and recent? If you have suggestions of additional references, please mention them in the review form.****-** | **Some of the references are latest i.e. 2020,2021, 2023. References are sufficient in number. However, one specific reference is repeated a few times ( Zarotis & Tokarski,1020a). Among other references, Dodier,2011, Zarotis,1999 and Palm,1988 certainly can be replaced with more recent references.** |  |
| Is the language/English quality of the article suitable for scholarly communications? | **Yes, the language is communicative enough to convey the concept.** |  |
| Optional/General comments | **The author should have listed in the *Methodology section, as how many articles or the starting and ending time line of the Bibliographic Review, i.e. 2010-2025.***  |  |

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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)*None. |  |

**Reviewer details:**

**Syeda Naureen Mumtaz, University of Education, Lahore, Pakistan**