

## Special Issue

# Advances in Sport Physiology, Nutrition, and Metabolism

### Message from the Guest Editors

The fields of sports physiology, nutrition, and metabolism are advancing rapidly due to ongoing research and innovation. These developments are essential for optimizing athletic performance and improving health outcomes for diverse populations engaged in physical activity. This Special Issue highlights recent progress in these interconnected areas, focusing on physiological adaptations to training, the influence of nutrition on recovery and performance, and the metabolic mechanisms behind athletic success.

We welcome contributions that explore crucial topics such as exercise physiology, dietary supplementation, metabolism, and the relationship between nutrition and physical activity. Investigations into the effects of specific nutrients on muscle recovery, performance enhancement strategies, and the physiological basis of metabolic adaptations to training will be particularly appreciated.

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### Guest Editors

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### Deadline for manuscript submissions

30 December 2025



## Applied Sciences

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## About the Journal

### Message from the Editor-in-Chief

As the world of science becomes ever more specialized, researchers may lose themselves in the deep forest of the ever increasing number of subfields being created. This open access journal Applied Sciences has been started to link these subfields, so researchers can cut through the forest and see the surrounding, or quite distant fields and subfields to help develop his/her own research even further with the aid of this multi-dimensional network.

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### Editor-in-Chief

Prof. Dr. Giulio Nicola Cerullo  
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