

Special Issue

Trends and Prospects in Applied Exercise Physiology and Adaptation

Message from the Guest Editor

The upcoming Special Issue, "Trends and Prospects in Applied Exercise Physiology and Adaptation", will explore current developments and future directions in understanding physiological responses to exercise, training, and physical activity. Endurance, recovery, and adaptation are central not only to sustaining performance and supporting health but also to advancing applied methodologies, monitoring approaches, and innovative strategies for training and rehabilitation. This Special Issue aims to present new research and practical perspectives on endurance mechanisms, recovery methods, and adaptive responses to different exercise modalities and environmental challenges. Potential topics include the following:

- Physiological mechanisms influencing endurance and adaptation.
- Recovery strategies in exercise and physical activity.
- Adaptations to different training modalities and environmental conditions.
- Technological tools for monitoring load, fatigue, and recovery.
- Innovative practices and future directions in applied exercise physiology.

Guest Editor

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Deadline for manuscript submissions

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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.

Editor-in-Chief

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