

Special Issue

Exercise, Fitness, Human Performance and Health

Message from the Guest Editors

Irrespective of the age, gender and initial fitness level of each individual, specific strength and conditioning exercises are essential elements incorporate in a training program for fitness development either for improving human sports performance or for maintaining and securing human health. This Special Issue of *Applied Sciences*, entitled “Exercise, Fitness, Human Performance and Health”, will be dedicated to new perspectives in the aforementioned research topic. We intend to attract high-quality experimental and review manuscripts that will examine/discuss the metabolic, cardiorespiratory, muscular/neuromuscular, immune, hormonal and myokine effects of acute and/or chronic strength and conditioning training on human performance and on health for both genders and at all fitness levels and age groups. We would like to welcome various types of manuscript submissions, including original experimental/research (cross-sectional, intervention studies) articles, systematic reviews and meta-analyses. Keywords

- strength and conditioning
- fitness development
- biological responses
- sports performance
- human health

Guest Editors

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Deadline for manuscript submissions

closed (20 October 2024)



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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.

Editor-in-Chief

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