

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

Prof. Dr. Marios Hadjicharalambous
Department of Life Sciences, School of Life and Health Sciences,
University of Nicosia, Nicosia, Cyprus

Dr. Nikolaos Zaras
Sports Science Program, School of Life and Health Sciences, University
of Nicosia, Nicosia, Cyprus

Deadline for manuscript submissions

closed (20 October 2024)



Applied Sciences

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 5.3



mdpi.com/si/190061

Applied Sciences
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
applsci@mdpi.com

[mdpi.com/journal/
applsci](https://mdpi.com/journal/applsci)





Applied Sciences

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 5.3



[mdpi.com/journal/
applsci](https://mdpi.com/journal/applsci)



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

Prof. Dr. Giulio Nicola Cerullo
Dipartimento di Fisica, Politecnico di Milano, Piazza L. da Vinci 32,
20133 Milano, Italy

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), Ei Compendex, Inspec, CAPIus / SciFinder, and other databases.

Journal Rank:

JCR - Q1 (Engineering, Multidisciplinary) / CiteScore - Q1 (General Engineering)