

## Special Issue

# Recent Advances in Exercise Physiology, Sports Nutrition, and Human Performance

### Message from the Guest Editors

Innovation is at the forefront of exercise physiology, sports nutrition, and human performance, with all three fields having evolved significantly in the last two decades, driven by the advent of new technologies and techniques. While innovation is essential and appealing in these domains, a considered and evidence-informed approach is necessary for practitioners. In practice, researchers and practitioners must collaborate to find solutions to performance problems. It is imperative that application to practice, alongside reliability and validity, are considered.

The purpose of this Special Issue is to highlight new insights, innovation, and future directions in exercise physiology and sports nutrition. We aim to showcase cutting-edge research that pushes the boundaries of our understanding and provides practical applications for enhancing human performance. This includes advancements in both physiological mechanisms and nutritional strategies that contribute to improved athletic outcomes.

---

### Guest Editors

Dr. Rónán Doherty  
Dr. Maria Faulkner  
Dr. Lizzy Deery

---

### Deadline for manuscript submissions

20 October 2026



## Applied Sciences

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.5  
CiteScore 5.5



[mdpi.com/si/229996](https://mdpi.com/si/229996)

*Applied Sciences*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[applsci@mdpi.com](mailto: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 5.5



[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, Embase, CAPIus / SciFinder, and other databases.

#### Journal Rank:

JCR - Q2 (Engineering, Multidisciplinary) / CiteScore - Q1 (General Engineering )