

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

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Dr. Maria Faulkner

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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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