

Special Issue

Application of Nutrition and Clinical Exercise Physiology

Message from the Guest Editors

The contemporary approach to the prevention and treatment of lifestyle diseases is increasingly based on interdisciplinary strategies that include both a well-balanced diet and individually tailored physical activity. Clinical exercise physiology combined with nutrition science allows for a better understanding of the impact of these factors on the functioning of the body—both in healthy conditions and in the course of chronic diseases. Topics include the use of dietary interventions and physical activity programmes in the treatment and prevention of metabolic, cardiovascular, respiratory, and autoimmune disorders. Equally important is the study of the mechanisms underlying these interventions, as well as their impact on quality of life, physical performance, body composition, and biochemical and hormonal parameters. This Special Issue focuses on the practical and scientific aspects of the use of nutrition and exercise physiology in clinical practice and public health, encouraging the sharing of research results, literature reviews, and innovative therapeutic approaches.

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Deadline for manuscript submissions

closed (20 March 2026)



Applied Sciences

an Open Access Journal
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Impact Factor 2.9
CiteScore 6.1



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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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