

Special Issue

Recent Trends in Physical Exercise and Applied Physiology

Message from the Guest Editors

The relationship between energy supply systems and body composition in morphological profiles. Adaptation possibilities of aerobic and anaerobic systems depending on the quantitative and functional characteristics of muscle tissue. Aerobic components of anaerobic performance during high-intensity exercise. Monitoring the adaptation of endurance training using the speckle tracking technique. Methodology for determining oxygen deficit under incremental loads.

Guest Editors

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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.

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