Special Issue

Sports, Exercise and Brain Health

Message from the Guest Editors

It is commonly known that regular exercise is good for people's cognition and brain health. However, the exact mechanisms by which chronic exercise enhances brain function are still unknown, particularly regarding how the impact of acute exercise on brain function affects that of chronic exercise. Therefore, it may be challenging to develop the ideal exercise prescription for chronic brain health based on findings on the impact of acute exercise on brain function. A growing body of evidence suggests that the myokines cathepsin B and irisin, which are muscle-induced peripheral factors, cross the blood–brain barrier to increase the production of brain-derived neurotrophic factor (BDNF). However, despite the fact that the production of lactate has been widely used as a biomarker to reflect exercise mode, strength, and duration, lactate was not investigated to determine the mechanism of exercise-induced improvement in brain function.

This Special Issue will consider all studies aimed at investigating the effects of physical exercise (acute or long-term) on the brain.

Guest Editors

Dr. Fiorenzo Moscatelli

Prof. Dr. Giovanni Messina

Dr. Rita Polito

Deadline for manuscript submissions

closed (10 January 2024)

Brain Sciences

an Open Access Journal by MDPI

Impact Factor 2.8
CiteScore 5.6
Indexed in PubMed

mdpi.com/si/172039

Brain Sciences
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
brainsci@mdpi.com

mdpi.com/journal/brainsci

Brain Sciences

an Open Access Journal by MDPI

Impact Factor 2.8
CiteScore 5.6
Indexed in PubMed

mdpi.com/journal/brainsci

MDPI

About the Journal

Message from the Editor-in-Chief

You are invited to contribute a research article or a comprehensive review for consideration and publication in *Brain Sciences* (ISSN 2076-3425). *Brain Sciences* is an open access, peer-reviewed scientific journal that publishes original articles, critical reviews, research notes, and short communications on neuroscience. The scientific community and the general public can access the content free of charge as soon as it is published.

Editor-in-Chief

Prof. Dr. Stephen D. Meriney
Department of Neuroscience, University of Pittsburgh, Pittsburgh, PA 15260, USA

Author Benefits

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, PMC, Embase, PSYNDEX, PsycInfo, CAPlus / SciFinder, and other databases.

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 16.2 days after submission; acceptance to publication is undertaken in 1.9 days (median values for papers published in this journal in the first half of 2025).

Recognition of Reviewers:

reviewers who provide timely, thorough peer-review reports receive vouchers entitling them to a discount on the APC of their next publication in any MDPI journal, in appreciation of the work done.