

Special Issue

Advances in the Relationship Among Brain, Physical Function, and Exercise Performance

Message from the Guest Editor

Physical exercise and sporting activity help develop certain areas of the brain, protecting, maintaining, and improving its functions with acute and chronic adaptations. Scientific literature, through both direct or indirect studies, is beginning to pay more attention to the associations between physical and sporting activity and cognitive functioning, to central well-being, and to neurodegenerative diseases, in order to identify the ideal exercise frequency, intensity, type, time, conditions, and environment. We welcome research that focuses on the following topics to be published in this special issue: physical and sports exercise and cognitive performance or brain health; training environments and the role of the brain in physical performance; and physical and sports exercise in neurodegenerative diseases. To help us to understand the relationships between physical and sporting activity and the health and functioning of the brain.

Guest Editor

Dr. Luca Petrigna

Department of Biomedical and Biotechnological Sciences, Section of Anatomy, Histology and Movement Science, School of Medicine, University of Catania, Via S. Sofia n° 97, 95123 Catania, Italy

Deadline for manuscript submissions

closed (30 January 2026)



Brain Sciences

an Open Access Journal
by MDPI

Impact Factor 2.8
CiteScore 5.6
Indexed in PubMed



mdpi.com/si/233783

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

mdpi.com/journal/

[brainsci](https://brainsci.mdpi.com)





Brain Sciences

an Open Access Journal
by MDPI

Impact Factor 2.8
CiteScore 5.6
Indexed in PubMed



[mdpi.com/journal/
brainsci](https://mdpi.com/journal/brainsci)



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, PSYINDEX, PsycInfo, CAPlus / SciFinder, and other databases.

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 17.6 days after submission; acceptance to publication is undertaken in 2.5 days (median values for papers published in this journal in the second 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.