

## Special Issue

# Physical Fitness—Effects on Muscle Function and Sports Performance

### Message from the Guest Editors

We all know that possessing high levels of physical fitness is a decisive factor for both health and athletic performance. The aim of this Special Issue is to expand our knowledge regarding the impact of physical fitness levels on health-related indicators such as muscle function and sports performance. In this Special Issue, we welcome (I) intervention studies in which the changes in physical fitness following a training or detraining period is assessed, (II) crossover studies exploring the relationship of the attributes of physical fitness with different health-related indicators and/or sport-related tasks, and (III) methodological studies in which the properties of the measurement (objectivity, reliability, validity, and sensitivity) of the fitness tests are reported to refine their testing procedures.

### Guest Editors

Dr. Amador García Ramos

Dr. Danica Janicijevic

Dr. Yaodong Gu

### Deadline for manuscript submissions

closed (30 June 2025)



## Healthcare

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## About the Journal

### Message from the Editor-in-Chief

*Healthcare* is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with Healthcare and its members receive discounts on article processing charges.

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manuscripts are peer-reviewed and a first decision is provided to authors approximately 21.5 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the first half of 2025).