# **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, peerreviewed, open access, multidisciplinary journal. Original research articles, short communications, review articles, and symposium highlights are welcomed.

Healthcare hopes to influence global health and disease aspects, and hopes to gain high visibility and acceptance by the scientific and healthcare community and will dedicate itself to covering special and specific topics in special

We would be pleased to welcome you as one of our authors.

### Editor-in-Chief

issues.

Prof. Dr. Lorraine S. Evangelista

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