

Special Issue

Sports or/and Special Populations: Training Physiology in Health and Sports Performance

Message from the Guest Editor

Several factors have been identified as interfering with the success, rehabilitation, and fitness of athletes from childhood to adulthood, as well as in para-sport, and special populations, according to research. The performance and health of this population are affected by the relationships between stress, maturation, training load, and recovery. Environmental approaches aim to increase efficiency and physiological adaptations in this sense. In various situations and conditions, however, this stimulus–performance–adaptation relationship varies.

As a result, we look forward to receiving contributions related (but not limited) to the following topics: training load monitoring; stress and physiological responses during exercise or sports; recovery process after exercise; changes after stress and/or training load; physiology of training in health and sports performance.

All manuscripts will be reviewed by experts in the field by June 30, 2022.

Guest Editor

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Deadline for manuscript submissions

closed (15 March 2023)



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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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