

Special Issue

Sports Supplements and Athletic Performance

Message from the Guest Editor

For this Special Issue in *Healthcare*, we especially welcome studies carried out in athletes population involving the following topics:

- Theory and practice of competitive sports training;
- Strength and conditioning in sports;
- Technical and tactical preparation in sport and its influence on sports performance;
- Ways of training and performance analysis;
- Analysis of current performance trends in sport and exercise;
- Technological support of athletes performance;
- Dietary Supplements for Exercise and Athletic Performance;
- Supplementation in sports: enhancing performance and recovery;
- The role of nutritional supplements in the prevention and treatment of resistance exercise-induced skeletal muscle injury;

Guest Editor

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Deadline for manuscript submissions

closed (30 September 2022)



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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).