

Special Issue

Neuromuscular Fatigue and Recovery in Sports Health

Message from the Guest Editor

Fatigue can be defined as an indicator of tiredness or weakness, supported by complex physiological and psychological processes. It is essential to identify the origin of fatigue, central (progressive reduction of voluntary muscle activation), and/or peripheral (loss of muscle strength caused distally to the neuromuscular junction). In the physical and sports field, neuromuscular fatigue is particularly important, which implies a decrease in the ability to generate maximum voluntary force by a muscle or a group of muscles induced by exercise. The correct application of the recovery protocols for neuromuscular fatigue is key to maintaining physical and sports performance, as well as preventing injuries. Submissions of original articles, systematic reviews, short communications, and other types of articles on related topics are welcome. All manuscripts will follow standard journal peer-review practices, and those accepted for publication will appear in the Special Issue on dietary and nutrition interventions for diabetes, obesity and other chronic diseases. We look forward to receiving your contributions to the Special Issue.

Guest Editor

Dr. Jose Antonio Gonzalez-Jurado

Faculty of Sport Sciences, University of Pablo de Olavide, 41013 Sevilla, Spain

Deadline for manuscript submissions

closed (30 April 2024)



Healthcare

an Open Access Journal
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Impact Factor 2.7
CiteScore 4.7
Indexed in PubMed



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

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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.

Editor-in-Chief

Prof. Dr. Lorraine S. Evangelista

Sue & Bill Gross School of Nursing, University of California, Irvine, CA
92697, USA

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