



Physiological Assessment of Sports Training and Exercise

Guest Editors:

Prof. Dr. Leonardo Henrique Dalcheco Messias

Research Group on Technology Applied to Exercise Physiology—GTAFE, Health Sciences Postgraduate Program, São Francisco University, Bragança Paulista 12916-900, Brazil

Dr. Pedro Paulo Menezes Scariot

Laboratory of Applied Sport Physiology, School of Applied Sciences, University of Campinas, São Paulo 13484-350, Brazil

Message from the Guest Editors

Monitoring physiological responses during training is crucial for improving sports performance and health. In this perspective, invasive and non-invasive, direct and indirect possibilities are valid tools for acquiring data associated with the physiology and biochemistry of physical exercise. Additionally, new physiological protocols or consolidations of existing tests through which to identify the effects of physical training are necessary approaches within this context. In this Special Topic, submissions related to the effects of physical training on athletes, non-athletes, and physically active or sedentary individuals are welcome. New evaluation protocols for this purpose are also valid, as long as their reproducibility and validation are rigorously monitored. Studies with large amounts of monitoring during training are particularly encouraged.

Deadline for manuscript submissions:

closed (30 June 2024)





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Prof. Dr. Paul B. Tchounwou

RCMI Center for Urban Health
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Lane, Baltimore, MD 21251, USA

Message from the Editor-in-Chief

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MDPI, Grosspeteranlage 5
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