



Body Composition, Performance and Health among Young Athletes

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Message from the Guest Editors

Dear Colleagues,

The study of body composition is experiencing increased attention and interest in the scientific community. Our bodies are made up from various different tissues. Therefore, research projects should be led by both the purpose and the methodology used to assess body composition. A current topic of research interest includes the assessment of body composition in young athletes: performance, health and state of maturation are correlated on the basis of the existing relationship with the specific body compartments analyzed.

The purpose of this collection of research is to contribute information regarding:

- The effect of body composition on health and performance during youth;
- The relationship between body composition and state of maturity;
- The effect of sport on body composition and on the state of maturation.





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Message from the Editor-in-Chief

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