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2nd Edition: Exercise and Performance Physiology

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Message from the Guest Editors

Physical exercise and performance in sports are strongly linked to physiological variables, which are dependent on both anatomical, functional and biomechanical aspects and motor strategies. Understanding the effect of exercise, and the acute and chronic dose-response patterns involves studying the specific changes in muscular and cardiovascular systems that lead to changes in health and human performance due to strength training and conditioning and the use by the athletes of different sport equipment. Consequently, the knowledge provided by scientific studies on performance physiology can be useful to optimize coaching and training programs and aid the adequate long-term development of athletes. An in-depth understanding of the effects of training stimulus on specific adaptations will contribute to increasing scientific knowledge on how to achieve better athletic performance and to reduce the risk of sport injuries. Given the success of the past year, we are happy to announce the release of a second edition of the Special Issue "Exercise and Performance Physiology", to encourage multidisciplinary discussion on up-to-date scientific data in this area.



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Special Issue



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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

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