



## Training Modalities to Improve Sports Performance and Health

Guest Editors:

**Prof. Dr. Krzysztof Maćkała**

Department of Track and Field  
and Gymnastics, University  
School of Physical Education in  
Wrocław, 51-612 Wrocław,  
Poland

**Prof. Dr. Hubert Makaruk**

Józef Piłsudski University of  
Physical Education in Warsaw,  
Warsaw, Poland

Deadline for manuscript  
submissions:

**closed (30 November 2022)**

### Message from the Guest Editors

This Special Issue aims to collect scientific papers that are related to sport performance and health in the application of different training modalities. High-level motor abilities are widely believed to lead to positive adaptations in terms of strength, power and speed development and corresponding improvements in tasks, which have shown a strong relationship with the prediction of performance results in various sports disciplines. The application of new training modalities will provide the advantage of a very large database that allows for the application as well as the measurement and evaluation of the effectiveness of different types of training regimes via comparisons by sport, performance level, age, and gender. In addition, considering that high-performance sport carries a high risk of injury and health problems, manuscripts that deal with different training modalities related to the health of athletes would also be accepted. All studies should address aspects such as validity and reliability. The major tasks of all research experiments should focus on the practical applications of their findings for sport and related physical health activities.





an Open Access Journal by MDPI

## Editor-in-Chief

**Prof. Dr. Paul B. Tchounwou**

RCMI Center for Urban Health  
Disparities Research and  
Innovation, Richard Dixon  
Research Center, Morgan State  
University, 1700 E. Cold Spring  
Lane, Baltimore, MD 21251, USA

## Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

## Author Benefits

**Open Access:** free for readers, with article processing charges (APC) paid by authors or their institutions.

**High Visibility:** indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPus / SciFinder, and other databases.

**Journal Rank:** CiteScore - Q1 (*Public Health, Environmental and Occupational Health*)

## Contact Us

---

International Journal of  
*Environmental Research and Public  
Health* Editorial Office  
MDPI, St. Alban-Anlage 66  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
[www.mdpi.com](http://www.mdpi.com)

[mdpi.com/journal/ijerph](http://mdpi.com/journal/ijerph)  
[ijerph@mdpi.com](mailto:ijerph@mdpi.com)  
[X@IJERPH\\_MDPI](https://twitter.com/IJERPH_MDPI)