



Health, Exercise and Sports Performance

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Message from the Guest Editors

From the beginning of the century, health fitness and exercise have become emerging topics in research. On a regular basis, sports-related professionals require the support of evidence-based knowledge to satisfactorily respond to an increasingly demanding population. Physical exercise is strongly linked to physiological variables, which are dependent on biomechanical profiles and motor strategies. Improvements, even considered marginal, in these features can lead to a significant final improvement. There is a need to better understand dose-response patterns to exercise challenges and to find strategies to enhance health and human performance (e.g., understand the response to different sports, design exercise programs, warm-ups, recovery techniques). There seems to exist a common ground for different exercise programs, and performance appears as the ultimate purpose for any physical activity participant. Everyone aspires to improve, meeting their final goals and consequently enhancing their performance.





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Message from the Editor-in-Chief

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