

## Special Issue

# 2nd Edition: Assessment of Physical Fitness and Training Effect in Individual Sports

### Message from the Guest Editors

The first series of our Special Issue was very popular. As researchers, we are very happy to see that sport is constantly evolving. Therefore, we are pleased to open the second Special Issue of "Assessment of Physical Fitness and Training Effect in Individual Sports". This Special Issue aims to further our knowledge of physical fitness and training effects in individual sports. We are looking forward to reviewing papers on innovative forms of training that influence the development of general and special physical fitness. Additionally included in this Special Issue are training modifications and the influence of training on human homeostasis. We encourage you to submit research and review articles.

### Guest Editors

Prof. Dr. Tadeusz Ambrozny  
Dr. Szczepan Wiecha  
Prof. Dr. Wojciech J. Cynarski

### Deadline for manuscript submissions

closed (12 April 2023)



## International Journal of Environmental Research and Public Health

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## About the Journal

### 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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### Editor-in-Chief

Prof. Dr. Paul R. Ward

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