Special Issue

Research on Physical Activity and Exercise Physiology

Message from the Guest Editor

Specific incremental physical exercises are requested to detected metabolic thresholds by ventilatory Cardiopulmonary exercise test (CPET) or metabolic variables (Blood Lactate).

The large diffusion of wearable devices that suit better the cardiovascular monitoring during physical activities have increased the role of heart rate monitoring on this context. Although, the physiological response of the cardiovascular system referable to improvement in cardiovascular fitness is complex mechanism and not yet completely explained. The non linear methods applied on heart rate time series have encouraged researchers to apply these methodology where the medical and paramedical staff to have direct access to parameters pertaining to an automated and personalized approach in athletic performance.

This Special Issue is aimed at providing selected contributions to address this topic with a particular emphasis on how to transfer experimental interventions and findings to practical on field applications.

Guest Editor

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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

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