

Special Issue

Physiological Assessment of Sports Training and Exercise

Message from the Guest Editors

Monitoring physiological responses during training is crucial for improving sports performance and health. In this perspective, invasive and non-invasive, direct and indirect possibilities are valid tools for acquiring data associated with the physiology and biochemistry of physical exercise. Additionally, new physiological protocols or consolidations of existing tests through which to identify the effects of physical training are necessary approaches within this context. In this Special Topic, submissions related to the effects of physical training on athletes, non-athletes, and physically active or sedentary individuals are welcome. New evaluation protocols for this purpose are also valid, as long as their reproducibility and validation are rigorously monitored. Studies with large amounts of monitoring during training are particularly encouraged.

Guest Editors

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Deadline for manuscript submissions

closed (30 June 2024)



International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 8.5
Indexed in PubMed



mdpi.com/si/164101

*International Journal of
Environmental Research and
Public Health*

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4052 Basel, Switzerland

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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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