

Special Issue

Wellness, Fitness, Body Composition, Training and Performance Monitoring to Improve Athletes Life Quality

Message from the Guest Editors

Several studies on training and match load quantification; well-being; as well as fitness and body composition can be found in the literature, especially in soccer with male athletes. However, there are many other sports that intend to produce knowledge on these topics that also deserve merit. In addition, more studies should include women athletes instead of only men. We suggest that authors include wellness, health, fitness, and body composition variables in their studies. In addition, we welcome studies that analyze the relationship of exercise training programs and usual training/match measures such as total distance, distances at different threshold speeds, sprints, acceleration, deceleration, player load, metabolic power, session rated perceived exertion, heart rate, and others. Moreover, original designs that include the analysis of contextual factors (e.g., match location, match results, quality of opponents, match/season periods, and others) are welcome as they provide new knowledge on athlete quality of life.

Guest Editors

Dr. Rafael Oliveira

1. Sports Science School of Rio Maior, Polytechnic Institute of Santarém, 2040-413 Rio Maior, Portugal
2. Life Quality Research Center, 2040-413 Rio Maior, Portugal
3. Research Centre in Sport Sciences, Health Sciences and Human Development, 5001-801 Vila Real, Portugal

Dr. João Paulo Brito

1. Sports Science School of Rio Maior-Polytechnic Institute of Santarém, 2040-413 Rio Maior, Portugal
2. Life Quality Research Center, 2040-413 Rio Maior, Portugal
3. Research Centre in Sport Sciences, Health Sciences and Human Development, 5001-801 Vila Real, Portugal

Deadline for manuscript submissions

closed (30 April 2023)



International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 8.5
Indexed in PubMed



mdpi.com/si/90508

*International Journal of
Environmental Research and
Public Health*
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
ijerph@mdpi.com

mdpi.com/journal/

ijerph





International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 8.5
Indexed in PubMed



[mdpi.com/journal/
ijerph](https://mdpi.com/journal/ijerph)



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.

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 journal.

Editor-in-Chief

Prof. Dr. Paul R. Ward

School of Society and Culture, Adelaide University, Adelaide 5001,
Australia

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, CAPlus / SciFinder, and other databases.

Journal Rank:

CiteScore - Q1 (Public Health, Environmental and Occupational Health)