

Special Issue

Physical Fitness and Injury Prevention in Athletes

Message from the Guest Editors

The scientific literature has highlighted that to improve athletic performance, coaches should administer specific training stimuli which depend on high levels of technique, tactics, and fitness conditioning. Considering that repetitive technical and physical gestures place high demands on the musculoskeletal system and that excessive or incorrect training stimuli can worsen performance results and increase injury risk, it is fundamental to enrich the knowledge regarding the relationship between fitness and injury prevention in athletes. The risk of injury is inherent in sports and prevention is crucial to decrease injury risk and reduce costs. This Special Issue aims to attract new data that could spark more multidisciplinary discussion on innovative ideas in this area. We invite all authors to submit original research and/or specific reviews that improve the understanding of “Physical Fitness and Injury Prevention in Athletes”, especially those combining a high academic standard coupled with a practical aspect, which are values that contribute to designing and implementing interventions that reduce injuries or mitigate their consequences.

Guest Editors

Dr. Fabrizio Perroni

Department of Biomolecular Sciences, Section on Exercise and Health Sciences, University of Urbino Carlo Bo, 61029 Urbino, Italy

Dr. Stefano Amatori

Faculty of Psychology, eCampus University, 22060 Novedrate, Como, Italy

Deadline for manuscript submissions

31 October 2025



International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 8.5
Indexed in PubMed



mdpi.com/si/215766

*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](https://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 B. Tchounwou
RCMI Center for Urban Health Disparities Research and Innovation,
Richard N. Dixon Research Center, Morgan State University, Baltimore,
MD 21251, USA

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)