

Special Issue

Physiology of Exercise and Training: Impacts on Public Health

Message from the Guest Editors

The physiology of exercise and training is a dynamic and rapidly evolving field that delves into the intricate biological processes underpinning physical activity and its impact on human health and performance. This Special Issue aims to bring together cutting-edge research and expert reviews that explore the multifaceted interactions between exercise, the cardiovascular system, muscle physiology, metabolic pathways, and overall sports performance.

Understanding the cardiovascular response to exercise is crucial for optimizing both athletic performance and rehabilitation strategies, ensuring efficient oxygen delivery and circulation under varying intensities of physical activity. In the context of public health, exercise is a key intervention in preventing and managing conditions such as obesity, diabetes, hypertension, and cardiovascular diseases. It also contributes to mental health by reducing symptoms of anxiety, depression, and stress while improving cognitive function and mood. The physiology of exercise and training is deeply interconnected with public health, serving as a powerful tool for disease prevention, health promotion, and the enhancement of overall well-being.

Guest Editors

Dr. Cássia Da Luz Goulart

Dr. Fernando Almeida-Val

Dr. Guilherme Peixoto Tinoco Areas

Deadline for manuscript submissions

closed (15 June 2025)



International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 8.5
Indexed in PubMed



mdpi.com/si/214438

*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 R. Ward

Centre for Public Health, Equity and Human Flourishing, Torrens
University Australia, Adelaide 5000, 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)