

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

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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

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