

Special Issue

Health and Fitness Outcomes from High Intensity Group Training

Message from the Guest Editors

Dear colleagues, Since 2007, the American College of Sports Medicine (ACSM) has conducted an annual survey to track fitness trends. High-intensity training (under the term high-intensity interval training; HIIT) has remained in the top 3 since 2014 and group-based training, after entering in the 6th place in 2017, has also remained in the top 3. This Special Issue is focused on the intersection of these two trends, aiming to better understand health- and fitness-related outcomes from participating in high-intensity group training. We welcome research focusing on the behavioral, social, psychological, and physiological contributions to exercise, sport, fitness, and public health resulting from these programs. Manuscripts might include original research, meta-analysis, PRISMA-framed reviews, and brief reports.

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Deadline for manuscript submissions

closed (31 July 2023)



International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 8.5
Indexed in PubMed



mdpi.com/si/47556

*International Journal of
Environmental Research and
Public Health*
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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.

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