

## Special Issue

# Conditioning Strategies for Human High Performance and Health

### Message from the Guest Editor

Dear Colleagues, Leveraging the health and sports science research base, research, such as human life and cognitive science research, is the most meaningful study to discover optimal conditioning. Optimal conditioning can be expected through the development of exercise, nutrition and rest (sleep), psychology, and comprehensive exercise and training programs. By doing so, you can contribute to the health of not only athletes but society as a whole.

- Nutritional Strategies for Optimal Conditioning
- Psychological Strategies for Optimal Conditioning
- Exercise Strategies for Optimal Conditioning
- Optimal exercise strategy for improving cognitive function
- Rehabilitation strategy for optimal conditioning
- Optimal conditioning for a healthy life.

---

### Guest Editor

Dr. Min-Seong Ha

Department of Sports Culture, College of the Arts, Dongguk University-Seoul, 30 Pildong-ro 1-gil, Jung-gu, Seoul 04620, Republic of Korea

---

### Deadline for manuscript submissions

closed (30 November 2023)



## International Journal of Environmental Research and Public Health

---

an Open Access Journal  
by MDPI

---

CiteScore 7.3  
Indexed in PubMed



[mdpi.com/si/105315](https://mdpi.com/si/105315)

*International Journal of  
Environmental Research and  
Public Health*

MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[ijerph@mdpi.com](mailto: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 7.3  
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. Discovery and advances in this research field play a critical role in providing a scientific basis for 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, open access 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)