

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

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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
ijerph@mdpi.com

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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

Prof. Dr. Paul R. Ward

School of Society and Culture, Adelaide University, Adelaide 5001,
Australia

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