

Special Issue

Muscle Responses and Adaptation in Exercise, Sport and Health

Message from the Guest Editors

long-term exercise interventions (e.g. aerobics, strength training, stretching training) are frequently performed in various populations because they can lead to improvements in physical function. However, the influence of various exercise modalities on muscular adaptation has not been fully elucidated. Thus, the aim of this Special Issue is to establish effective exercises for muscular adaptation in various populations. We invite investigators to contribute original research articles or review articles that will contribute to the body of evidence of understanding the effect of chronic exercise intervention on muscular adaptation and establish the effective approach for muscular adaptation. Investigators who have conducted research on these topics are invited to submit manuscripts for consideration for this Special Issue in *IJERPH*.
Keywords: exercise; resistance training; stretching intervention; muscle volume; MRI; ultrasound; muscle stiffness; muscle thickness; pennation angle; fascicle length

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Deadline for manuscript submissions

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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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