

Special Issue

Resistance Training in Physical Fitness and Sports Performance

Message from the Guest Editor

Resistance training is a common form of physical activity, and is one of the basic forms of training used in competitive sports. Due to its significance to athletic performance and health, it is important to investigate and understand the influence of resistance training variables and their acute and chronic impact on strength, hypertrophy, power output, and sport performance.

This Special Issue of the *International Journal of Environmental Research and Public Health* welcomes cross-sectional studies, longitudinal studies, and review articles related to the impact of training variables, new training concepts, and modern devices on acute and chronic changes in physical fitness and sports performance. The objective of this Special Issue is to expend the knowledge on innovative training methods and devices that will optimize resistance training for physical fitness, athletic performance, and injury prevention. **Keywords** resistance exercise; strength training; hypertrophy; power output; sport performance; volume; external load; movement tempo; time under tension; blood flow restriction; exercise intensity

Guest Editor

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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.

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