

Special Issue

Exercise Training for Neuromuscular Fatigue in Healthy or and Health-Compromised Individuals

Message from the Guest Editor

Fatigue is a common multifaceted symptom experienced by the majority of people throughout their lifespan. Since the publication of Angelo Mosso's book in 1891 entitled *La Fatica*, many studies have sought to increase our knowledge on the different forms of fatigue in various experimental conditions. A better understanding of fatigue can help coaches and clinicians to implement targeted exercise training programs for specific populations. Hence, the aim of this Special Issue is to present original articles that investigate the effect of exercise training programs on fatigue, with a particular emphasis on neuromuscular fatigue, defined as a diminution in maximal force or power production in response to acute exercise. Studies investigating the influence of training programs in healthy and/or health-compromised individuals are encouraged. Literature reviews and meta-analyses focusing on this research topic will be also considered.

- fatigue
- training
- performance
- rehabilitation
- health
- quality of life
- exercise
- physical activity
- strength
- well-being

Guest Editor

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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.

Editor-in-Chief

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