

## Special Issue

# Exercise Physiology and Performance

### Message from the Guest Editors

The amount of physical effort exerted by active people and athletes should be based on the reliable knowledge of coaches, sport scientists, and professionals in the fields of exercise physiology and sport performance. The high level of scientific work in this field, visible in many scientific publications, is associated with increasing research possibilities, which use the latest measuring technology to assess the human body, its physiological functions, and movement. Assessment of the human exercise capacity in the laboratory or during sports training in live conditions is no longer a problem. Therefore, the training loads that are applied to athletes are becoming more calculated, and monitoring of possible training overloads allows post-workout injuries to be avoided. The main aim of this Special Issue is to publish high-quality, multi-disciplinary research relating to exercise physiology and performance. We are particularly interested in the effects of physical exercise in the physiological systems of the human body. Manuscripts could focus on short-term effects, long-term effects, or both.

### Guest Editors

Prof. Dr. Zbigniew Jastrzębski

Dr. Guillermo Felipe López Sánchez

Dr. Łukasz Radzimiński

Dr. Maria Skalska

### Deadline for manuscript submissions

closed (31 March 2023)



## International Journal of Environmental Research and Public Health

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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. 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.

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### Editor-in-Chief

Prof. Dr. Paul B. Tchounwou

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