

Special Issue

Exercise Testing: The Past, Present and Future

Message from the Guest Editor

Exercise testing is the cornerstone of developing effective individualized exercise programs for athletes, non-athletes and patients, and consequently, it has many applications in both sports and the clinical setting and public health. Exercise tests—such as the 20 m shuttle run test—have been developed over the last few decades and used widely all over the world. Using these ‘old’ tests provides an advantage of a very large database allowing comparisons by sex, age, and sport. On the other hand, the advancement of scientific knowledge and technology has facilitated the recent development of ‘new’ tests, which have improved validity and reliability compared to the ‘old’ tests.

Guest Editor

Dr. Pantelis T. Nikolaidis

School of Health and Caring Sciences, University of West Attica, 122 43 Athens, Greece

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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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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.

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Editor-in-Chief

Prof. Dr. Paul B. Tchounwou
RCMI Center for Urban Health Disparities Research and Innovation,
Richard N. Dixon Research Center, Morgan State University, Baltimore,
MD 21251, USA

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