Special Issue

Hypoxia and Exercise: Effects on Health and Performance

Message from the Guest Editors

It is well-established that exercise training under O2-deprived environments can improve physical fitness due to erythropoiesis stimulation that provokes the improvement of oxygen transport. In addition, exercise in hypoxia that activates the hypoxia-inducible factor may play an essential role in effective metabolism regulation improving glucose intake and transport, glycolysis, lactate production to provide ATP, and oxygen transport and satiety, among others. Additionally, lipid metabolism can be further enhanced when exercise training is conducted in O2-deprived environments. For these reasons, several recent studies have used hypoxic training as a new therapeutic strategy to improve the symptoms of a range of cardiovascular, metabolic, and pulmonary diseases such as hypertension, chronic obstructive pulmonary disease, obesity, sarcopenia, coronary artery disease or multiple sclerosis. Therefore, in this

Guest Editors

Dr. Domingo Jesús Ramos Campo

Sports Science Faculty, Universidad Católica San Antonio de Murcia, Av. de los Jerónimos, 135, 30107 Guadalupe, Murcia, Spain

Prof. Dr. Jacobo A. Rubio-Arias

LFE Research Group, Department of Health and Human Performance, School of Physical Activity and Sport Sciences-INEF, Universidad Politecnica de Madrid, 28040 Madrid, Spain

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4052 Basel, Switzerland
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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.

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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