

Special Issue

Training for Optimal Sports Performance and Health

Message from the Guest Editors

Therefore, the aim of this Special Issue is to identify the training strategies to achieve the desired performance in competitions for athletes, individually or as a team and considering different ages and sports, which can (1) be considered and studied as periodization and programming for training in different periods of the season; (2) keep or lead the athlete to the desired performance by managing the training load; (3) monitor the athlete's wellness status for preventing the development of over-training syndrome and non-functional overreaching statuses as well as to achieve the desired performance and prevent performance distortion; (4) quantify the relationship between fitness assessments with training loads and well-being status; and (5) examine the role of different types of training such as SSG, agility, speed, and resistance training in different age groups in different teams.

Guest Editors

Dr. Hadi Nobari

1. Department of Physical Education and Sports, University of Granada, 18010 Granada, Spain
2. HEME Research Group, Faculty of Sport Sciences, University of Extremadura, 10003 Cáceres, Spain
3. Department of Exercise Physiology, Faculty of Sport Sciences, University of Isfahan, Isfahan 81746-7344, Iran
4. Sports Scientist, Sepahan Football Club, Isfahan 81887-78473, Iran

Prof. Dr. Juan Pedro Fuentes García

Didactic and Behavioral Analysis of Sports (ADICODE) Research Group, Faculty of Sport Sciences, The University of Extremadura, 10003 Cáceres, Spain

Deadline for manuscript submissions

closed (31 May 2022)



International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 8.5
Indexed in PubMed



mdpi.com/si/88898

*International Journal of
Environmental Research and
Public Health*

Editorial Office

MDPI, Grosspeteranlage 5

4052 Basel, Switzerland

Tel: +41 61 683 77 34

ijerph@mdpi.com

mdpi.com/journal/

[ijerph](https://mdpi.com/journal/ijerph)





International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 8.5
Indexed in PubMed



[mdpi.com/journal/
ijerph](https://mdpi.com/journal/ijerph)



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.

Editor-in-Chief

Prof. Dr. Paul R. Ward

School of Society and Culture, Adelaide University, Adelaide 5001,
Australia

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPlus / SciFinder, and other databases.

Journal Rank:

CiteScore - Q1 (Public Health, Environmental and Occupational Health)