

## Special Issue

# New Insights and Perspectives of Controlling the Physical Activity Load: Sports Performance and Health

### Message from the Guest Editors

In the present Special Issue, we aim to publish high-quality original investigations which analyze different innovative methods to control physical load. We look forward to receiving contributions related (but not limited) to the following topics: training load monitoring, cognitive load monitoring, stress and anxiety assessment, neurophysiological indexes to control stress, physical or cognitive load, or recovery process after exercise. We welcome systematic reviews and meta-analyses, study protocols, and original papers. All manuscripts will be peer reviewed by experts in the field by October 2022.

### Guest Editors

Prof. Dr. Juan Pedro Fuentes García

Prof. Dr. Jorge Pérez-Gómez

Dr. Santos Villafaina

Dr. Hadi Nobari

### Deadline for manuscript submissions

closed (31 October 2022)



## International Journal of Environmental Research and Public Health

an Open Access Journal  
by MDPI

CiteScore 8.5  
Indexed in PubMed



[mdpi.com/si/99902](https://mdpi.com/si/99902)

*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](mailto: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)