

## 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

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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. 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.

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### Editor-in-Chief

Prof. Dr. Paul B. Tchounwou

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