

Special Issue

Validity and Reliability of Physical Fitness Testing

Message from the Guest Editor

Some parameters of physical fitness have been associated with health. Higher levels of maximal oxygen consumption, for example, which is an indicator of cardiorespiratory fitness, describe a better health status, while higher muscle strength (1RM) has also been associated with healthier status. However, in some populations, measuring VO₂max or 1RM can be compromised, so it is important to determine the validity and reliability of alternative physical fitness tests in chronic disease or special populations. Therefore, the purpose of this Special Issue is to present reliable and valid physical tests that can be used to evaluate physical fitness in different populations. Dr. José Carmelo Adsuar

Guest Editor

Prof. Dr. José Carmelo Adsuar Sala

Faculty of Sport Science, University of Extremadura, 10003 Cáceres, Spain

Deadline for manuscript submissions

closed (15 December 2021)



International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 8.5
Indexed in PubMed



mdpi.com/si/44150

*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

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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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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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