

## Special Issue

# The Physiological Effects of Sports Training and Exercise

### Message from the Guest Editors

The initiation of any physical activity by humans causes a number of physiological changes aimed at adapting the body to the conditions and requirements of physical workouts and increased energy expenditure. These changes occur in all systems and organs, with varying degrees of intensity and dynamics, which is closely related to the intensity of the work, its type and duration. The main goal of this Special Issue is to publish high-quality, medical evidence-based, interdisciplinary research into the physiological effects of sports training and exercise. We are particularly interested in the influence of physical exertion and sports training on the functional and physiological effects of the human body. Manuscripts can focus on short-term or long-term effects, and move around in relation to elite-level athletes as well as amateurs. We invite you to submit papers related to this topic. All manuscripts will be reviewed by experts in the relevant field. These submissions should be sent by March 31, 2023.

### Guest Editors

Dr. Tomasz Grzywacz

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### Deadline for manuscript submissions

closed (31 March 2023)



## 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 R. Ward

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