

Special Issue

Sex Differences in Physiologic Responses and Long-Term Adaptations to Exercise

Message from the Guest Editors

Physiological responses and adaptations to exercise may not only improve sports performance, but also health status. Thus, exercise is recognized as a potent therapy for the prevention and treatment of chronic disease in adults. However, there is a significant gender bias in research. Thus, this Special Issue was introduced to further investigate sex differences in physiological responses to exercise and long-term adaptations to training in healthy adults or in patients with a chronic disease. Relevant topics may include sex differences, as well as differences caused by fluctuation in ovarian hormone levels, menopause, and throughout the female lifespan in relevant outcomes such as metabolism during exercise, physical fitness, cardiovascular risk, hormonal responses, inflammation, oxidative stress, and exosomes. Other topics may be considered, so please email cristina.casals@gm.uca.es with any queries. Manuscripts may include data-based research papers, reviews, meta-analyses, case studies, methodological papers, brief reports, commentaries, or position papers.

Guest Editors

Dr. Cristina Casals

Department of Physical Education, University of Cadiz, Puerto Real 11519, Spain

Dr. Miguel Ramirez-Jimenez

Department of Physical Education, University of Cadiz, Puerto Real 11519, Spain

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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.

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 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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