

Special Issue

Interdisciplinary Aspects of Women's Physiology and Physical Fitness

Message from the Guest Editors

Scientific knowledge regarding female training responses and adaptations is minimum compared to the body of research concerning males. One of the reasons is the fact that including women in studies could be a methodological difficulty due to the complexity of controlling hormone fluctuations associated with the menstrual cycle. It is important to highlight that female participation in sports over the last years has increased, which demonstrates the need for research in the area of the physiological effects and consequences of exercise in women. Further, hormonal changes should be considered when exercise response is evaluated in females based on the increasing number of women engaging in sports and training programs. Not only to understand the unique physiology of women and how the sex hormones might influence the physiological response to exercise and sport performance, but to study women across the age span as they experience menarche to menopause, also including postmenopausal women. Therefore, we should attempt to provide a global perspective of women's different reproductive profiles over their lifespan and their influence over physical fitness.

Guest Editors

Dr. Ana Belén Peinado

LFE Research Group, Department of Health and Human Performance, Universidad Politécnica de Madrid, Martín Fierro 7, 28040 Madrid, Spain

Dr. Erica Wehrwein

Department of Physiology, Michigan State University, East Lansing, MI 48824, USA

Dr. Xanne Janse de Jonge

The University of Newcastle, Callaghan NSW 2308, Australia

Deadline for manuscript submissions

closed (31 December 2022)



International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 8.5
Indexed in PubMed



mdpi.com/si/47615

*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

[mdpi.com/journal/](https://mdpi.com/journal/ijerph)

[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

Centre for Public Health, Equity and Human Flourishing, Torrens
University Australia, Adelaide 5000, 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)