

Special Issue

Youth Muscular Strength and Power Development: From School-Based Programs to Athlete Pathways

Message from the Guest Editor

This Special Issue aims to advance understanding of muscular strength and power development in children and adolescents, integrating mechanistic insights with applied practice across school and sport settings. As muscular fitness is increasingly recognised as foundational to lifelong health, injury prevention, and athletic performance, there is a pressing need to translate emerging evidence into developmentally appropriate and scalable models.

We invite contributions of original research, systematic reviews, meta-analyses, and theoretical contributions examining neuromuscular adaptation, muscle–tendon development, growth and maturation, and training responsiveness in youth populations. Submissions exploring long-term athletic development frameworks, resistance training safety, and load management are encouraged.

Priority will be given to studies investigating school-based strength interventions, integration, monitoring and assessment of muscular fitness, and the role of foundational strength in talent development and athlete pathways, as well as the application of emerging technologies for monitoring youth development, is also welcome.

Guest Editor

Dr. Andrew Sortwell

1. School of Health Sciences, The University of Notre Dame Australia, Sydney 2007, Australia
2. School of Education, The University of Notre Dame Australia, Sydney 2007, Australia
3. Research Centre in Sports Sciences, Health Sciences and Human Development (CIDESD), University of Beira Interior, 6201-001 Covilhã, Portugal

Deadline for manuscript submissions

31 October 2026



Journal of Functional Morphology and Kinesiology

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 3.2
Indexed in PubMed



mdpi.com/si/277278

Journal of Functional Morphology and Kinesiology
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
jfmk@mdpi.com

mdpi.com/journal/

jfmk





Journal of Functional Morphology and Kinesiology

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 3.2
Indexed in PubMed



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



About the Journal

Message from the Editor-in-Chief

Editor-in-Chief

Prof. Dr. Giuseppe Musumeci
Department of Biomedical and Biotechnological Sciences, Anatomy,
Histology and Movement Sciences Section, School of Medicine,
University of Catania, 95123 Catania, Italy

Author Benefits

High Visibility:

indexed within ESCI (Web of Science), Scopus, PubMed,
PMC, FSTA, and other databases.

Journal Rank:

JCR - Q2 (Sport Sciences) / CiteScore - Q2 (Anatomy)

Rapid Publication:

manuscripts are peer-reviewed and a first decision is
provided to authors approximately 22.5 days after
submission; acceptance to publication is undertaken in 2.4
days (median values for papers published in this journal in
the second half of 2025).