

Special Issue

Heart Rate Variability and Autonomic Regulation in Sport and Health

Message from the Guest Editors

Heart rate variability (HRV) is widely recognized as a practical, non-invasive marker of autonomic nervous system function, with broad applications in both athletic performance monitoring and clinical health assessment. Despite its popularity, challenges remain in standardizing measurement protocols, selecting appropriate metrics, and interpreting data across diverse populations. This Special Issue aims to advance scientific understanding of HRV by bringing together original research and critical reviews that explore its methodological foundations, physiological underpinnings, and applied relevance.

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Editor-in-Chief

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manuscripts are peer-reviewed and a first decision is
provided to authors approximately 26.9 days after
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