

## Special Issue

# Anatomy and Physiology of Adapted Physical Activity: Enhancing Health and Performance

### Message from the Guest Editors

Adapted physical activity (APA) is a structured intervention aimed at inducing targeted physiological and morphological adaptations to improve health, functional capacity, and performance in several populations, including individuals with chronic diseases, neuromotor impairments, older adults, as well as healthy individuals and athletes. Understanding the anatomical and physiological mechanisms underlying APA is critical for designing exercise protocols that optimize musculoskeletal strength, cardiovascular efficiency, metabolic regulation, and neuromotor control. This Special Issue welcomes original research and reviews investigating the mechanistic basis of APA interventions, with particular focus on structural and functional adaptations. Topics of interest include musculoskeletal remodeling, neural plasticity and motor control, cardiovascular and metabolic responses to individualized exercise, and biomechanical strategies to optimize performance and prevent injury. Interdisciplinary studies integrating morphological, physiological, and applied perspectives are particularly encouraged.

### Guest Editors

Dr. Agata Grazia D'Amico

Department of Drug and Health Sciences, University of Catania, 95100 Catania, Italy

Dr. Ida Cariati

Department of Systems Medicine, University of Rome "Tor Vergata", 00133 Rome, Italy

### Deadline for manuscript submissions

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## Journal of Functional Morphology and Kinesiology

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Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[jfmrk@mdpi.com](mailto:jfmrk@mdpi.com)

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#### 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

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