

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.

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Editor-in-Chief

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