

Special Issue

Physiological and Biomechanical Foundations of Strength Training

Message from the Guest Editor

The Special Issue entitled "Physiological and Biomechanical Foundations of Strength Training" aims to explore the intricate mechanisms underlying strength development, emphasizing the integration of physiological and biomechanical principles in training methodologies. This issue seeks to advance the scientific understanding of how various factors—ranging from muscle architecture and neuromuscular function to biomechanics and applied training strategies—contribute to optimizing strength performance. We encourage interdisciplinary perspectives that bridge gaps between research and practical application in athletic performance, rehabilitation, and health promotion.

Guest Editor

Prof. Dr. Sergio José Ibáñez Godoy

Grupo de Optimización del Entrenamiento y Rendimiento Deportivo (GOERD), Facultad de Ciencias del Deporte, Universidad de Extremadura, 06006 Badajoz, Spain

Deadline for manuscript submissions

closed (30 April 2026)



Journal of Functional Morphology and Kinesiology

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 3.7
Indexed in PubMed



mdpi.com/si/229821

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





Journal of Functional Morphology and Kinesiology

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 3.7
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 (Physical
Therapy, Sports Therapy and Rehabilitation)

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).