

Special Issue

Health and Performance through Sports at All Ages 3.0

Message from the Guest Editor

It is with great enthusiasm that I am announcing a Special Issue 3.0 in *JFMK* with the aim of examining the effects of sports practiced at all ages on health and performance. Health, fitness, and exercise have become very important topics in the field of research. Sports-related professionals require the support of evidence-based knowledge to respond satisfactorily to the population practicing individual, team and combat sports. Topics of interest include strength training, exercise technique, conditioning methodologies and programming, performance recovery, skill development, body composition, nutrition for performance and health, and health- and performance-related testing. We welcome original research, meta-analysis, reviews, and brief reports. Prof. Dr. Gianpiero Greco

Guest Editor

Prof. Dr. Gianpiero Greco

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Deadline for manuscript submissions

closed (28 February 2025)



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About the Journal

Message from the Editor-in-Chief

Editor-in-Chief

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Author Benefits

High Visibility:

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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).