

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

Department of Translational Biomedicine and Neuroscience (DiBraIN),
University of Study of Bari, 70124 Bari, Italy

Deadline for manuscript submissions

closed (28 February 2025)



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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
jfmk@mdpi.com

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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,
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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 26.9 days after
submission; acceptance to publication is undertaken in 1.9
days (median values for papers published in this journal in
the first half of 2025).