

Special Issue

Tactical Athlete Health and Performance, 2nd Edition

Message from the Guest Editor

Tactical athletes include firefighters, law enforcement officers, and military personnel, who often work in physiologically and psychologically stressful environments. Optimal physical and mental health, fitness, nutrition, and sleep are needed to perform the challenging and sometimes dangerous tasks required of them on a daily basis. Thus, it is important to determine strategies to support their health, performance, and overall safety throughout their occupational career. The second edition of this Special Issue continues to explore key areas such as health, physical conditioning, nutrition, hydration, mental resilience, injury prevention, environmental adaptations, and sleep for tactical athletes. Other topics related to improving the health and performance of tactical athletes will also be considered.

Guest Editor

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Editor-in-Chief

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