

## Special Issue

# Tactical Athlete Health and Performance

### 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. This Special Issue's focus areas include health, physical conditioning, nutrition and hydration, mental health, injury prevention, environmental adaptations, and sleep in tactical athletes. Other topics related to improving the health and performance of tactical athletes will also be considered.

### Guest Editor

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### Deadline for manuscript submissions

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## Journal of Functional Morphology and Kinesiology

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#### Editor-in-Chief

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