

Special Issue

AI and Exercise Interventions to Support Physical Activity and Functional Adaptations in Youth and Students

Message from the Guest Editor

Physical activity during youth and early adulthood plays a critical role in shaping functional capacity, neuromuscular development, metabolic efficiency, and long-term health trajectories. Understanding the mechanisms through which exercise interventions promote functional adaptations and how contextual and behavioral constraints influence these processes is essential for developing effective, evidence-based strategies targeting youth and student populations. This Special Issue welcomes contributions investigating exercise interventions aimed at enhancing physical activity and eliciting measurable functional adaptations in youth and students. Particular emphasis will be placed on studies examining neuromuscular, morphological, metabolic, and biomechanical responses to training, as well as research integrating artificial intelligence to support movement assessment, adaptive training prescription, load monitoring, and individualized progression. The use of AI-driven systems to improve exercise adherence, accessibility, and precision in training design is also encouraged when grounded in rigorous physiological and functional evaluation frameworks.

Guest Editor

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