

Special Issue

Optimizing Strength, Power, and Endurance in Diverse Athletic Populations

Message from the Guest Editors

This Special Issue of the *Journal of Functional Morphology and Kinesiology* brings together cutting-edge research on optimizing strength, power, and endurance across diverse athletic populations. With a focus on the functional and morphological factors that influence performance, the Special Issue invites contributions that advance our understanding of individualized training strategies. By integrating biomechanics, physiology, and kinesiology, this collection aims to highlight innovative approaches that enhance athletic development while promoting resilience and reducing injury. Researchers are encouraged to submit original studies, reviews, and practical applications that address the evolving demands of performance science. This Special Issue is supervised by José M. González-Ravé and Fernando González-Mohíno, with the assistance of Sergio Rodríguez-Barbero Expósito (Universidad de Castilla-La Mancha).

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Deadline for manuscript submissions

31 October 2025



Journal of Functional Morphology and Kinesiology

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 3.7
Indexed in PubMed



mdpi.com/si/239833

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Editor-in-Chief

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