

Special Issue

Health and Performance Through Sports at All Ages: 4th Edition

Message from the Guest Editor

It is with great enthusiasm that I am announcing the fourth edition of this Special Issue of *JFMK*, 'Health and Performance in Sports at All Ages', with the aim to examine the effects of sports, practiced at all ages, on health and performance. Health, fitness, and exercise have become very important topics in the literature. Sports-related professionals require the support of evidence-based knowledge to respond satisfactorily to practicing individuals, teams, 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 on these topics.

Guest Editor

Prof. Dr. Gianpiero Greco
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Deadline for manuscript submissions

closed (30 April 2026)



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About the Journal

Message from the Editor-in-Chief

Editor-in-Chief

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Author Benefits

High Visibility:

indexed within ESCI (Web of Science), Scopus, PubMed,
PMC, FSTA, and other databases.

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 22.5 days after
submission; acceptance to publication is undertaken in 2.4
days (median values for papers published in this journal in
the second half of 2025).