

## Special Issue

# Focus on Exercise Physiology and Sports Performance: 2nd Edition

### Message from the Guest Editor

Exercise physiology examines the physiological changes that occur in the muscular, cardiovascular, respiratory, and metabolic systems as the body responds to the demands of physical activity. This understanding enables us to design effective training programs aimed at specific physiological adaptations, leading to improved performance and reduced risk of injury. This includes the analysis of athlete's biomechanics, the use of technological advancements in performance monitoring, and the development of recovery and nutrition plans that support optimal training and competition.

The goal of this Special Issue is to bring together the latest research that underlines how the body adapts to exercise and provides insights into how training can enhance performance and optimize athlete's capabilities. We invite researchers and experts in related fields to submit their work and contribute to this Special Issue.

Given that the first edition of this Special Issue was a great success, we now invite you to publish in the second edition ([https://www.mdpi.com/journal/life/special\\_issues/T001LOJ01Y](https://www.mdpi.com/journal/life/special_issues/T001LOJ01Y)).

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### Guest Editor

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### Deadline for manuscript submissions

closed (31 July 2025)



## Life

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**Impact Factor 3.4**  
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### Message from the Editor-in-Chief

*Life* (ISSN 2075-1729) is an international, peer-reviewed open access journal that publishes scientific studies related to fundamental themes in life sciences. Some papers are published individually, while others are submitted for inclusion in special issues with guest editors. You are invited to contribute a research article, essay, or a review to be considered for publication.

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### Editor-in-Chief

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