

Special Issue

Focus on Exercise Physiology and Sports Performance

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. However, sports performance focuses on the practical application of these physiological principles in real-world sports settings. It involves the study of techniques, strategies, and training methods that can help athletes reach their peak performance. 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. We invite researchers and experts in related fields to submit their work and contribute to this Special Issue. Submissions of original research articles and review articles are invited.

Guest Editor

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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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