

Special Issue

Sports Medicine: Nutritional Sciences and Nutritional Biochemistry: 2nd Edition

Message from the Guest Editor

This second volume of this Special Issue follows on from the success of the first. This Issue aims to place a particular emphasis on sports nutrition. This includes “classic” aspects of sports nutrition, such as pre- and post-workout, pre- and post-competition nutrition, nutrition during physical activity, dietary supplementation with particular focus on ergogenics and sport foods, as well as innovative aspects such as the analysis of metabolites through urine or miRNAs to evaluate the nutritional status and consequent performance. Finally, we include new concepts that may involve AI and computational models.

Potential topics include, but are not limited to, the following:

- Nutritional supplements and performance;
- The role of metabolomics in sports nutrition;
- The role of miRNA in sports nutrition;
- A new consideration of the metabolic pathways applied to sport nutrition;
- Ergogenics and sport food: new insights;
- AI and sports nutrition;
- Nutrition and body composition evaluation.

Guest Editor

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Message from the Editor-in-Chief

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