Special Issue

New Insights into Athlete Physiology

Message from the Guest Editors

Over the past decade, research in sports physiology has expanded significantly, providing new insights into athletes' physiological responses and adaptations. From a fundamental perspective, sports physiology explores how the body responds to physical exertion. However, from a broader, interdisciplinary viewpoint, these adaptations emerge from the intricate interplay of multiple fields, including medicine, cardiovascular science, biomechanics, nutrition, technology, and psychology. Each domain is crucial in optimizing sports performance, preventing injuries, and improving overall health. Despite the growing body of empirical evidence and advancements in diagnostic tools, testing methodologies, training strategies, and athlete development techniques, many controversies and unanswered questions remain. This Special Issue aims to bring together researchers from diverse fields to contribute new findings and perspectives on athlete physiology, encompassing both able-bodied and disabled athletes. We welcome original research articles, critical or integrative reviews, systematic reviews, and meta-analyses.

Guest Editors

Dr. Maamer Slimani

- 1. Department of Health Sciences (DISSAL), Genoa University, 16132 Genoa, Italy
- 2. Department of Neuroscience, Rehabilitation, Ophthalmology, Genetics, Maternal and Child Health (DINOGMI), Section of Psychiatry, Genoa University, 16132 Genoa, Italy
- 3. Higher Institute of Sport and Physical Education of Ksar Said, University of Manouba, Manouba, Tunisia

Dr. Nicola Luigi Bragazzi

Laboratory for Industrial and Applied Mathematics (LIAM), Department of Mathematics and Statistics, York University, Toronto, ON M3J 1P3, Canada

Deadline for manuscript submissions

31 March 2026



Life

an Open Access Journal by MDPI

Impact Factor 3.4 CiteScore 6.0 Indexed in PubMed



mdpi.com/si/231046

Life
Editorial Office
MDPI, Grosspeteranlage 9
4052 Basel, Switzerland
Tel: +41 61 683 77 34
life@mdpi.com

mdpi.com/journal/ life





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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.

Editor-in-Chief

Prof. Dr. Lluís Ribas de Pouplana

Institute for Research in Biomedicine (IRB Barcelona), The Barcelona Institute of Science and Technology, 08028 Barcelona, Spain

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