

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.

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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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