



## Energy Metabolism and Sports Performance

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Deadline for manuscript submissions:

**closed (20 September 2023)**

### **Message from the Guest Editor**

Dear Colleagues,

Energy metabolism is the main key to maximizing exercise and sports performance. Due to this, many sports scientists utilize the analysis of breath gas, blood data, and protein levels. To improve sports performance, it is necessary to understand carbohydrate and fat metabolism, as well as substrate utilization, according to exercise intensity and exercise time, which are also very important.

Therefore, we are collecting various studies in order to improve exercise capacity along with energy metabolism during exercise. We are also interested in dietary supplements (catechin, caffeine, BCAA etc.,) to maximize the various metabolic processes (carbohydrate, fat, and protein metabolism) and energy metabolism that occur during exercise. Such attempts would lay an important foundation for increasing sports performance and presenting practical guidelines during exercise.

In this Special Issue of *Nutrients*, we welcome original research articles; animal and clinical studies; as well as review articles on the current state of research.





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