



nutrients



an Open Access Journal by MDPI

Nutrition and Athletic Performance

Guest Editor:

Dr. Stephen Ives

Department of Health and
Human Physiological Sciences,
Skidmore College, Saratoga
Springs, NY 12866, USA

Deadline for manuscript
submissions:

closed (31 August 2020)

Message from the Guest Editor

Dear Colleagues,

Exercise necessitates increased energy production to match the elevated demand of physical activity, the magnitude of which varies significantly by activity, sport, and/or athletic position. While long term nutritional habitus is known to impact exercise performance, short term or acute nutritional strategies may also prove beneficial, or detrimental, to athletic performance. Modifications to macro- or micro-nutrient intakes likely influence athletic capacity through the altered metabolic capacity, although cardiovascular, respiratory, or neurocognitive effects are not to be discounted as possibly being influenced by altering the nutritional approach. Similarly, dietary supplementation with factors such as probiotics or antioxidants, either acutely or chronically, is also a likely avenue in which to optimize athletic performance. Supplementation, or the timing of supplementation, diurnally or with activity, may help to bridge gaps between dietary intakes and needs, perhaps as a result of either an inadequate intake and/or high level of athletic demand via high intensity, frequency, volume, or a combination thereof.

Dr. Stephen Ives
Guest Editor



mdpi.com/si/38359

Special Issue



nutrients



an Open Access Journal by MDPI

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación
Biomédica en Red Fisiopatología
de la Obesidad y la Nutrición
(CIBEROBN), Institute of Health
Carlos III, 28029 Madrid, Spain
2. Research Institute of
Biomedical and Health Sciences
(IUIBS), University of Las Palmas
de Gran Canaria, 35001 Las
Palmas, Spain
3. Preventive Medicine Service,
Centro Hospitalario Universitario
Insular Materno Infantil (CHUIMI),
Canarian Health Service, 35016
Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional
Sciences, University of
Connecticut, Storrs, CT 06269,
USA

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank: JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

Contact Us

Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/nutrients
nutrients@mdpi.com
[X@Nutrients_MDPI](https://twitter.com/Nutrients_MDPI)