nutrients

IMPACT FACTOR 5.0 | Indexed in: PubMed | CITESCORE 9.1

an Open Access Journal by MDPI

Nutritional Strategies to Enhance Muscle and Cognitive Performance in Athletes

Guest Editor:

Dr. Scott Forbes
Department of Physical Education Studies, Faculty of Education, Brandon University, Brandon, MB R7A 6A9, Canada

Deadline for manuscript submissions:
closed (30 September 2020)

Message from the Guest Editor

Dear Colleagues,

Optimal nutritional strategies before, during, and after training can impact endurance, resistance, and concurrent training adaptations and exercise performance. As such, nutritional strategies are recognized as a critical factor for sporting success. Recent advances in sport nutrition have shown a link between various nutritional strategies that can impact muscle performance as well as cognitive function. The brain plays a critical role in sport performance, especially team sports. As such, this Special Issue seeks submissions with a focus on nutrients to enhance various forms of exercise training (i.e., endurance, high-intensity interval training, strength, or concurrent) from both a molecular muscle adaptative response to athletic performance as well as nutrients that can impact cognitive function in athletes. *Nutrients*, therefore, welcomes the submissions of manuscripts, either describing original research or reviews, on the topic of nutrition to enhance muscle and brain performance in athletes.

Dr. Scott Forbes
Guest Editor

nutrients

IMPACT FACTOR 5.0 | Indexed in: PubMed | CITESCORE 9.1

an Open Access Journal by MDPI

Editors-in-Chief

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.

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)

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