

Special Issue

Energy Metabolism and Sports Performance

Message from the Guest Editor

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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Deadline for manuscript submissions

closed (20 September 2023)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/161313

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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.

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