

Special Issue

Energy Metabolism and Nutrition Related to Sports

Message from the Guest Editor

Dear colleagues,

When exercising, skeletal muscles require more ATP than when the body is at rest. The intramuscular ATP concentration is very low (~5 mmol/kg) and one can only perform a few seconds of intense exercise, such as sprinting. Therefore, the resynthesis of ATP is necessary. Phosphoric acid and glycolysis systems provide the most ATP in ball games and field sports that require intermittent high-intensity activity, while oxidative phosphorylation is used in endurance sports. However, the regulation of these energy transfer systems is not fully understood. Energy metabolism is affected by the nutrients expended by training, metabolism, and exercise. The role of organs in the system's energy metabolism during exercise is also an interesting question. This special issue features cutting-edge papers on energy metabolism during sports events or exercise. Significant findings related to energy metabolism were also acceptable provided that the study did not directly examine metabolic parameters. Systematic reviews, meta-analyses, case reports, and original studies are available for submission to this issue.

Guest Editor

Prof. Dr. Yoshio Suzuki

Graduate School of Health and Sports Science, Juntendo University,
Inzai 2701695, Chiba, Japan

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Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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.

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 (UIBS), 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

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