

Special Issue

Hydration and Nutrition Considerations for Sports and Physical Activity

Message from the Guest Editor

In the context of sports and physical activity, proper hydration and nutrition is a vital component for the optimization of physical and cognitive performance and enhancing safety. Despite extensive work in this area, hydration and nutrition-related topics in this area remain a debated topic within scientific literature. Specifically, there remains to be a thorough understanding of (1) the impact of chronic underhydration on health and performance in an athletic population, (2) relationships between the demands of sports (i.e., physiological, environmental, and psychological) and hydration or nutrition, and (3) behavioral aspects of hydration and fluid intake in sports and physical activity. Thus, this Special Issue “Hydration and Nutrition Considerations for Sports and Physical Activity” aims to publish experimental data and reviews taking an innovative approach to this topic. Topics related to methodological considerations or theoretical approaches to address hydration in sports and physical activity are also welcome.

Guest Editor

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About the Journal

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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