

Special Issue

Performance in Sports, Physical Activity, Exercise: Nutrition, Fatigue and Recovery

Message from the Guest Editors

This Special Issue delves into the intricate relationship between nutrition and hydration in optimizing athletic performance. As the demand for peak physical and mental output continues to grow in competitive and recreational sports, understanding the science behind fueling, hydrating, and accelerating recovery has become essential. The issue explores how macronutrients, micronutrients, and hydration strategies influence energy metabolism, endurance, muscle strength and power. It examines the physiological and psychological dimensions of recovery, offering insights into prevention and management techniques.

Contributions also include evidence-based approaches to personalized nutrition, hydration protocols tailored to environmental conditions, and innovations in safe supplementation to enhance performance and recovery. Bridging the gap between science and practice, this Special Issue provides a comprehensive understanding of how athletes, coaches, and practitioners can implement effective strategies to improve outcomes in training and competition.

Guest Editors

Dr. Govindasamy Balasekaran

National Institute of Education, Nanyang Technological University,
Singapore 637616, Singapore

Dr. Myriam Guerra-Balic

Faculty of Psychology, Education and Sport Sciences-Blanquerna,
University Ramon Llull, 08022 Barcelona, Spain

Deadline for manuscript submissions

5 February 2026



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/230359

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

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



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.

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

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)