



## Children's Sports Physiology

Guest Editors:

**Prof. Dr. Daniel Marinho**

Department of Sport Sciences,  
University of Beira Interior, 6201-  
001 Covilhã, Portugal

**Prof. Dr. Vicente Javier  
Clemente-Suárez**

Faculty of Sports Sciences,  
Universidad Europea de Madrid,  
28670 Madrid, Spain

**Dr. Pantelis T. Nikolaidis**

School of Health and Caring  
Sciences, University of West  
Attica, 122 43 Athens, Greece

Deadline for manuscript  
submissions:

**closed (29 December 2023)**

### Message from the Guest Editors

Dear Colleagues,

Regular exercise plays a beneficial role in health-related components of physical fitness such as body composition, cardiorespiratory fitness, muscle endurance, strength, flexibility and cognitive development. This Special Issue aims to create a collection of articles on acute responses and chronic adaptations to children's sports practice. Articles on human systems that are not adequately addressed in the existing literature (e.g., cortical, digestive and immunity systems) are more than welcome. Submission of research articles, as well as reviews and case reports, will be considered for publication.

Dr. Pantelis T. Nikolaidis

Dr. Daniel Marinho

Prof. Dr. Vicente Javier Clemente-Suárez

*Guest Editors*





an Open Access Journal by MDPI

## Editor-in-Chief

### Prof. Dr. Philip J. Atherton

School of Medicine, Royal Derby  
Hospital, University of  
Nottingham, Nottingham, UK

## Message from the Editor-in-Chief

*Physiologia* draws together researchers from all subdisciplines of physiological research with the common aim of enhancing knowledge of the mechanisms of growth, health, and disease across species. The journal aims to provide rapid peer review and unlimited open access to those interested in topics advancing physiological sciences from both the research and wider community. We hope you will support the journal by becoming one of our authors.

## Author Benefits

**Open Access:** free for readers, with [article processing charges \(APC\)](#) paid by authors or their institutions.

**High Visibility:** indexed within [ESCI \(Web of Science\)](#), [AGRIS](#), and [other databases](#).

**Journal Rank:** JCR - Q2 (Physiology)

**Rapid Publication:** manuscripts are peer-reviewed and a first decision is provided to authors approximately 23.3 days after submission; acceptance to publication is undertaken in 3.6 days (median values for papers published in this journal in the second half of 2025).

## Contact Us

---

*Physiologia* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
[www.mdpi.com](http://www.mdpi.com)

[mdpi.com/journal/physiologia](https://mdpi.com/journal/physiologia)  
[physiologia@mdpi.com](mailto:physiologia@mdpi.com)  
[X@physiologia3](https://twitter.com/physiologia3)