

Special Issue

Exercise Physiology and Biochemistry

Message from the Guest Editors

The physiology and biochemistry of exercise is not only a primary concern of athletes and exercise physiologists, but also it has important implications for those who engage in only moderate exercise, as well as for sedentary individuals. Exercise also has profound beneficial effects on the biochemistry of people with diabetes, obesity, and other metabolic disorders, while the recent COVID-19 outbreak has revealed that exercise and physical activity provides protection against severe COVID-19 disease and comorbidities.

Herein, we set up a Special Issue to incorporate papers focusing on Exercise Physiology and Biochemistry. It will include but is not limited to the topics physical or motor activity and biomechanics, exercise training, exercise metabolism, thermoregulation, systemic physiological responses (musculoskeletal, cardiovascular, respiratory, endocrine, and others), and clinical exercise physiology and biochemistry.

This Special Issue aims at presenting advances and new insights into the molecular, cellular, and systemic mechanisms that mediate acute and adaptive responses to exercise in health and disease.

Guest Editors

Prof. Dr. Michael Koutsilieris

Department of Physiology, National & Kapodistrian University of Athens, Medical School, 11527 Athens, Greece

Prof. Dr. Anastassios Philippou

Department of Physiology, National and Kapodistrian University of Athens, 11527 Athens, Greece

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

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About the Journal

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.

Editor-in-Chief

Prof. Dr. Philip J. Atherton

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

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JCR - Q2 (Physiology) Rapid Publication: manuscripts are peer-reviewed and a first decision is provided to authors approximately 18.5 days after submission; acceptance to publication is undertaken in 3.8 days (median values for papers published in this journal in the first half of 2025).