

Special Issue

Exercise Physiology and Biochemistry: 2nd Edition

Message from the Guest Editors

It is well known that most people in industrialized societies are engaged in far less physical activity than the human body requires. Regular exercise puts physical and metabolic stress on the body, increases the amount of energy that it burns while exercising, boosts the resting energy expenditure and affects more physiological systems than any other everyday activity. In particular, the biochemistry of exercise is not only a primary concern of athletes and exercise physiologists, but also has important implications for those who engage in moderate exercise only, as well as sedentary individuals. Herein, we set up a Special Issue to incorporate papers focusing on exercise physiology and biochemistry, i.e., the study of acute responses and chronic adaptations to exercise. It will include but is not limited to: physical/motor activity and biomechanics, exercise training, exercise metabolism, thermoregulation, systemic physiological responses and clinical exercise physiology and biochemistry. We aim to present 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

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Deadline for manuscript submissions

closed (30 June 2025)



Physiologia

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Impact Factor 2.3



mdpi.com/si/204997

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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.

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Prof. Dr. Philip J. Atherton

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