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Effect of Neuromuscular Fatigue Mechanisms on Exercise Performance

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Message from the Guest Editors

Sustained exercise leads to a transiently reduced capacity to generate voluntary force, termed neuromuscular fatigue. A variety of mechanisms, both central and peripheral, contribute to neuromuscular fatigue, with much previous research focusing on elucidating its varying underlying mechanisms. Such research has demonstrated that the mechanistic basis of neuromuscular fatigue is task-dependent (relating to the intensity and duration of a task) and differs depending on the sex and age of participants. Consequently, a major area of interest for researchers and practitioners alike is the influence of various fatigue mechanisms on exercise performance. Moreover, given the vastly differing physical requirements of sports, a range of fatigue mechanisms have the capacity to influence other aspects of performance, including controlling force and maintaining balance.

This Special Issue aims to gain further insight into the effect different neuromuscular fatigue mechanisms exert on various aspects of exercise performance and sports.

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Message from the Editor-in-Chief

Sports (ISSN 2075-4663) is a peer-reviewed scientific journal that publishes original articles, critical reviews, research notes and short communications in the interdisciplinary area of sport sciences and public health. It links several scientific disciplines in an integrated fashion, to address critical issues related to sport science and public health. The journal presents diverse original articles, including systematic and narrative reviews, cohort and case control studies, innovative randomized trials, and formative research using qualitative and quantitative methods with the aim to provide information for researchers to plan intervention programs. It addresses diverse public health, physical activity and exercise science topics.

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