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Optimization of Human Performance and Health

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submissions:

closed (31 January 2021)

Message from the Guest Editor

Dear Colleagues,

It is with great enthusiasm that I am announcing a Special Issue in *Sports* (Basel) with the goal of examining exercise and nutrition for optimal health and performance. Topics of interest include strength training, conditioning methodologies and programming, exercise technique, performance recovery, skill development, nutrition for performance and health, dietary supplements, and health- and performance-related testing. We welcome original research, meta-analysis, reviews, and brief reports.

Prof. Edward Jo
Guest Editor



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Special Issue



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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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