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Physical Performance of Collegiate or College-Aged Athletes

Guest Editor:

Message from the Guest Editor

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submissions:

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It is important for the strength and conditioning practitioner and sports scientist to understand the physical performance (e.g., strength and power, aerobic and anaerobic capacity, movement coordination, flexibility) of collegiate or college-aged athletes. The aim of this Special Issue is to: 1) describe the physical performance of collegiate or college-aged athletes across a range of sports; 2) discuss specific topics that apply to collegiate or college-aged athletes (e.g., special training considerations, concussions and injury risks, nutrition); and 3) determine best practices for training specific qualities (e.g., strength and power, speed and agility, dynamic stability, cardiovascular endurance) for collegiate or college-aged athletes.



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Special Issue



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Message from the Editor-in-Chief

Sports (ISSN 2075-4663) is an international, peer-reviewed open access advanced forum for publishing studies related to the interdisciplinary area of sport, exercise and health sciences. Studies focused solely on competitive performance outcomes (e.g., game statistics, records) without direct application to sports training programs will be considered out of scope. *Sports* publishes reviews, regular research papers, and communications, as well as Special Issues on particular subjects.

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