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Running-related Musculoskeletal Injuries and Exercise Behavior

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Message from the Guest Editors

The scope of this special issue is to quantify the optimal running endurance performance, training characteristics and physical fitness that results in the lowest incidence of running-related musculoskeletal injuries (RRMI) by sex and age group. The aim is to attract papers that use incidence of RRMI, performance, training (experience, days per week, duration, intensity, recovery and mode) and physical fitness assessment in large samples of endurance runners. An innovation is also to focus on papers where exercise tests will cover all components of health-related physical fitness (body composition, aerobic capacity, flexibility, muscle strength and muscle endurance) and anaerobic components, and where training is quantified through questionnaires and devices such as heart rate monitors, GPS and accelerometers. Considering the increasing number of recreational endurance runners, the findings of the submitted papers will have a great impact on readers, who will gain practical information about the quantification of optimal levels of performance, training and fitness that are associated with the lowest incidence of RRMI.



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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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