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Solutions to Environmental Factors Affecting the Health and Performance of Athletes

Guest Editors:

Dr. Mark Waldron

Centre of Applied Sports,
Technology, Exercise and
Medicine, Faculty of Science and
Engineering, Swansea University,
Swansea, Wales, UK

Dr. Owen Jeffries

School of Biomedical, Nutritional
and Sport Sciences, Newcastle
University, Faculty of Medical
Sciences, Framlington Place,
Newcastle upon Tyne NE2 4HH

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Message from the Guest Editors

Prolonged exposure to environmental stressors (e.g., heat, cold, altitude, global travel) can degrade human health and performance. This applies to physically active individuals, from both athletic and occupational settings. The negative consequences of the environment can often result in impaired physiological function, preventing the optimal performance of physically or cognitively demanding tasks and limiting exercise tolerance. Extreme environmental stress can also have severe health consequences for athletic populations. As such, strategies that are capable of offsetting the potential deleterious effects of environmental stress are valuable for athletes. These can include chronic training interventions, environmental acclimation or acclimatisation, dietary manipulation, pharmacological intervention and numerous acute pre-competition strategies (such as cooling or heating). However, the efficacy of these strategies on athletic performance is not fully understood, and many emerging solutions require further research. This Special Issue will address this requirement.



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Special Issue



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Editor-in-Chief

Prof. Dr. Eling Douwe De Bruin

1. Institute of Human Movement
Sciences and Sport, IBWS ETH,
HCP H 25.1, Leopold-Ruzicka-
Weg 4, CH-8093 Zürich,
Switzerland
2. Karolinska Institutet,
Stockholm, Sweden

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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Contact Us

Sports Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

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