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Sport Nutrition for Health and Performance

Guest Editor:

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Message from the Guest Editor

Dear Colleagues,

Athletes train and compete in different sports disciplines, such as strength and endurance.

Considering existing guidelines, athletes are recommended to follow specific nutrition strategies during training and competition.

The intention of this Special Issue is to provide new insights of recent findings.

Specific topics might be:

- Nutrition before, during, and after performance
- Nutrition in different age groups, such as adolescents and age group athletes
- Nutrition during performance under specific conditions, such as extreme cold, extreme heat, during swimming, cycling, or running
- Nutrition before, during, and after team events, or intermittent exercise, such as ball games.

Pro. Dr. Beat Knechtle

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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