

Special Issue

Integration and Application of Exercise and Sports Science: How Durability Relates to Cycling Performance, Injury Reduction, and Health

Message from the Guest Editors

This Special Issue calls for relevant original research, systematic reviews and meta-analyses, narrative reviews, commentaries, opinion articles, and select case reports that relate to the concept of durability for the optimization of competitive cycling performance and overall health for men and women, as well as adolescents.

Specific topics of interest include the following:

- Performance assessment, prediction, and monitoring of durability;

- Applied training and programming to improve durability;

- Optimal cycling biomechanics to reduce overuse injury;

- Nutrition and ergogenic intervention to enhance performance during an exercise session, as well as improve recovery and maintain health;

- The role of psychological durability on performance, injury, and mental health;

- The role of durability on athlete development, lifelong activity, and healthy aging;

- Basic and translational studies of organ system function and durability.

It is our hope that this Special Issue draws new and exciting research, as well as research that reinforces current knowledge.

Guest Editors

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About the Journal

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.

Editor-in-Chief

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Author Benefits

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Journal Rank:

JCR - Q1 (Sport Sciences) / CiteScore - Q2 (Physical Therapy, Sports Therapy and Rehabilitation)

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 18.7 days after submission; acceptance to publication is undertaken in 3.7 days (median values for papers published in this journal in the first half of 2025).