

## Topical Collection

# Human Physiology in Exercise, Health and Sports Performance

### Message from the Collection Editors

This Special Issue aims to explore the physiological mechanisms underlying human performance in exercise, health, and sports. Topics of interest include exercise physiology, bioenergetics, human locomotion, thermal physiology, performance analysis, and training optimization. We welcome contributions featuring various methodologies, including randomized controlled trials, cohort studies, case reports, integrated and longitudinal approaches, and narrative reviews authored by experts in the field. Advancements in digital and wearable technologies—such as smart textiles, biomarkers, and electrochemical sensors—are of particular interest, as they offer insights into monitoring training load, pacing strategies, and performance outcomes. We encourage submissions that address gender diversity and include high-performance samples/volunteers across genders. Additionally, we seek contributions that adopt an integrated approach to providing holistic solutions to complex problems within exercise physiology—join us in advancing our collective understanding of exercise performance and human physiology as we strive to optimize health and athletic achievement.

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## Sports

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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.

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

#### Rapid Publication:

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