

Special Issue

Current Research in Applied Sports Nutrition

Message from the Guest Editor

Optimal nutrition is a cornerstone of athletic performance, directly influencing energy levels, recovery, muscle growth, and overall health. However, recent research suggests athletes may not be well educated in sports nutrition and dietary behavior, which could directly impact athletic performance and recovery, sleep quality, body composition, body image, and overall well-being. This Special Issue aims to highlight groundbreaking research that our understanding of how nutrition influences athletic performance, recovery, and long-term health. We invite authors to contribute original research, reviews, and case studies on topics such as macronutrient strategies, supplementation, hydration, gender-specific considerations, sport-specific dietary demands, and the psychological impact on body image. Contributions that incorporate novel methodologies, personalized nutrition approaches, or technological advancements in monitoring dietary behavior are especially encouraged. By publishing in this Special Issue, authors will have the opportunity to shape the discourse in sports nutrition and provide valuable insights to athletes, coaches, and sports professionals worldwide.

Guest Editor

Dr. Jamie McAllister-Deitrick

Department of Kinesiology, CMC College of Health and Human Performance Coastal Carolina University, Conway, SC, USA

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Sports
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
sports@mdpi.com

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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

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

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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).