

Special Issue

From Freshman to Final Whistle: The Physiological Journey of Collegiate Athletes

Message from the Guest Editors

The path from freshman year to the final whistle is a captivating journey marked by continuous growth and relentless pursuit of excellence. This Special Issue explores the intricate dynamics of sport performance, anthropometry, and physiology that shape both female and male student athletes' experiences. It delves into how their bodies and performances transform over the course of their collegiate careers. Sport performance is at the core of this transformation, showcasing how training and competition mold raw talent into peak athletic capability. Through original investigations, case studies, and review articles, this edition examines the strategies and methodologies that drive performance improvements, from initial conditioning to advanced techniques refined over years. Exercise physiology underpins every stride, jump, and play. Topics around body composition, dose–response to training/competition, growth and development, and athletic performance are welcome.

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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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).