

# Special Issue

## Exercise Physiological Responses and Performance Analysis

### Message from the Guest Editors

Exercise physiology and performance analysis represent dynamic and complementary fields that provide crucial insights into the mechanisms underlying human adaptation to physical training and competition. Advances in physiological monitoring, biomechanical modeling, and data analytics have allowed researchers and practitioners to better understand the complex interactions between internal load, external stimuli, and performance outcomes. This Special Issue aims to gather high-quality research that explores acute and chronic physiological responses to exercise, innovative methods of performance assessment, and practical applications for optimizing training strategies across different populations and sport contexts. By integrating multidisciplinary perspectives—from molecular physiology to applied performance analytics—this Special Issue seeks to bridge the gap between science and practice, offering novel evidence to enhance health, performance, and recovery in athletes and physically active individuals.

### Guest Editors

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### Deadline for manuscript submissions

25 July 2026



## Sports

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## About the Journal

### Message from the Editor-in-Chief

*Sports* (ISSN 2075-4663) is an international, peer-reviewed open access advanced forum for publishing studies related to the interdisciplinary area of sport, exercise and health sciences. Studies focused solely on competitive performance outcomes (e.g., game statistics, records) without direct application to sports training programs will be considered out of scope.

*Sports* publishes reviews, regular research papers, and communications, as well as Special Issues on particular subjects.

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

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manuscripts are peer-reviewed and a first decision is provided to authors approximately 19.9 days after submission; acceptance to publication is undertaken in 5.5 days (median values for papers published in this journal in the second half of 2025).