

## Special Issue

# Physical Profile and Injury Prevalence in Sports

### Message from the Guest Editors

Understanding the physical profile of athletes and the prevalence of sports-related injuries is essential for developing effective prevention strategies, optimizing performance, and improving rehabilitation outcomes. This Special Issue of *Sports* aims to compile cutting-edge research, systematic reviews, and clinical reports that explore the relationships between physical attributes, injury risk, and recovery processes across various sports and athletic populations. This Special Issue will cover topics such as the identification of injury risk factors, biomechanical and physiological assessments, injury prevention programs, and the impact of training loads on musculoskeletal health. We also encourage studies on the epidemiology of sports injuries, return-to-play protocols, and the role of individualized training approaches in reducing injury incidence. We welcome submissions of clinical trials, experimental studies, systematic reviews, meta-analyses, observational studies, and case reports that provide new insights into the physical determinants of injury and their implications for sports medicine. We look forward to receiving your contributions.

### Guest Editors

Dr. Estêvão Rios Monteiro

Postgraduate Program in Rehabilitation Science, Augusto Motta University Center, Rio de Janeiro 21031-060, RJ, Brazil

Dr. Jose Manuel Vilaca Maio Alves

1. Research Center in Sports Sciences, Health Sciences and Human Development (CIDESD), 5001-801 Vila Real, Portugal
2. Sport Sciences Departments, University of Trás-os-Montes e Alto Douro, 5000-801 Vila Real, Portugal

### Deadline for manuscript submissions

25 October 2025



## Sports

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.9  
CiteScore 4.1  
Indexed in PubMed



[mdpi.com/si/236756](https://mdpi.com/si/236756)

*Sports*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[sports@mdpi.com](mailto:sports@mdpi.com)

[mdpi.com/journal/  
sports](https://mdpi.com/journal/sports)





# Sports

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.9  
CiteScore 4.1  
Indexed in PubMed



[mdpi.com/journal/  
sports](https://mdpi.com/journal/sports)



## 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

---

### Author Benefits

#### High Visibility:

indexed within Scopus, ESCI (Web of Science), PubMed, PMC, and other databases.

#### 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).