

Special Issue

Acute Resistance Exercise: Performance Effects on Competitive Athletes

Message from the Guest Editors

Resistance exercise is one of the critical components of training in all competitive sports. Several types, various intensities and duration of resistance exercise may be applied acutely, before or after a sport specific training session. Moreover, such an approach is applied following short or long periods of training, and depending on the training periodization, may affect sport specific performance in various ways. In fact, it may alter physiological, biomechanical and sport-related abilities that subsequently affect competitive performance. We ask you to contribute to this Special Issue by presenting your experimental work, including narrative, systematic reviews or meta-analyses. A 50% discount will be offered to the three best accepted paper as selected by the editors.

Guest Editors

Dr. Argyris Toubekis

Division of Aquatic Sports, School of Physical Education and Sports Science, National and Kapodistrian University of Athens, 17237 Athens, Greece

Assoc. Prof. Giorgos Paradisis

School of Physical Education and Sport Science, National and Kapodistrian University of Athens, 17237 Athens, Greece

Deadline for manuscript submissions

closed (20 September 2022)



Sports

an Open Access Journal
by MDPI

Impact Factor 2.9
CiteScore 4.1
Indexed in PubMed



mdpi.com/si/82103

Sports
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
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).