

# Special Issue

## Sport, Metabolism and Nutrition: Promoting Human Performance and Health

### Message from the Guest Editor

This Special Issue aims to bring together groundbreaking research and comprehensive reviews that explore the relationship between human performance, metabolic adaptations and nutritional interventions.

In this Special Issue, we welcome original research articles and reviews. Potential themes include, but are not limited to:

- Metabolic Adaptations to Training and Nutrition: Insights into how the body's metabolic processes respond to exercise, diet and combined interventions.
- Nutritional Strategies for Performance: Investigating the effects of macronutrient distribution, supplementation and hydration on performance and recovery.
- Physiological Mechanisms of Performance: Understanding the role of molecular and systemic factors in endurance, strength and power outputs.
- Ergogenic Aids and Supplements: Evaluating the efficacy of novel and established supplements in enhancing performance and recovery.
- Personalized Nutrition and Exercise: Exploring how individual variability influences the effectiveness of training and dietary interventions.
- Impact of Environmental Stressors: Examining the effects of heat, altitude and other conditions on metabolism and performance.

### Guest Editor

Dr. Carlos Ruiz-Moreno

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### Deadline for manuscript submissions

30 November 2025



## Sports

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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.

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### Editor-in-Chief

Prof. Dr. Eling Douwe De Bruin

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### 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).