

## Special Issue

# Enhancing Performance and Promoting Health Through Nutrition

### Message from the Guest Editors

Nutritional practices that aim to improve sport-specific and exercise performance, reduce the risk of injury, and promote overall health are paramount to athletic success. Often, athletes, and even recreationally active and exercising individuals, are trying to gain a competitive edge or enhance aspects of their training. Over the last three decades, the field of sports nutrition has blossomed, with numerous nutritional strategies emerging and believed to confer a benefit to the end user. The Special Issue calls for papers that address topics related to nutrition and its impact on training, exercise, and sport-specific performance and overall health. The scope extends to assessing the impact of short- and long-term nutrition interventions on a range of performance and health metrics, including those evaluated in isolation and applied research within a sport-specific setting. Original research as well as narrative and systematic reviews are welcome.

### Guest Editors

Dr. Drew Gonzalez

Exercise & Sport Nutrition Laboratory, Department of Kinesiology and Sports Management, Texas A&M University, College Station, TX 77843, USA

Dr. Broderick Dickerson

Exercise and Sport Nutrition Laboratory, Department of Kinesiology and Sports Management, Texas A&M University, College Station, TX 77843, USA

### Deadline for manuscript submissions

20 August 2025



## Sports

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

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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

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

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### Author Benefits

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#### 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).