

Special Issue

Physical Performance of Collegiate or College-Aged Athletes

Message from the Guest Editor

It is important for the strength and conditioning practitioner and sports scientist to understand the physical performance (e.g., strength and power, aerobic and anaerobic capacity, movement coordination, flexibility) of collegiate or college-aged athletes. The aim of this Special Issue is to: 1) describe the physical performance of collegiate or college-aged athletes across a range of sports; 2) discuss specific topics that apply to collegiate or college-aged athletes (e.g., special training considerations, concussions and injury risks, nutrition); and 3) determine best practices for training specific qualities (e.g., strength and power, speed and agility, dynamic stability, cardiovascular endurance) for collegiate or college-aged athletes.

Guest Editor

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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.

Editor-in-Chief

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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).