

Special Issue

Strength and Conditioning and Biomechanics for Sports

Message from the Guest Editors

Strength and conditioning practitioners use exercise prescription to improve the performance of competitive athletes and athletic teams. This is achieved through the combination of strength training, aerobic conditioning, plyometrics, and other methods. We have the pleasure to open the call for papers for this Special Issue titled “Strength and Conditioning and Biomechanics for Sports”. The aim of this Special Issue is to publish a series of studies that are related to strength and conditioning and/or sports biomechanics. We encourage the submission of research investigating the chronic and acute effect of strength (e.g., traditional and novel forms of resistance training) and conditioning (e.g., aerobic and anaerobic conditioning) protocols as well as investigating biomechanical parameters (e.g., kinetics and kinematics) in sporting movements. Biomechanical investigations relating to athlete screening, training monitoring or prescription, or comparisons of alternative exercises (i.e., the biomechanics of strength and conditioning) are especially welcomed. Review papers of any of the above or related topics are also welcomed.

Guest Editors

Dr. Marco Beato

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Deadline for manuscript submissions

closed (31 March 2022)



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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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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).