

Special Issue

Strength and Power Training in Individual and Team Sports

Message from the Guest Editor

Strength and power training is an integral part of developing and maintaining fitness in all sports, whether at a competitive or recreational level. Irrespective of age, sex and the level of competition, specific types of strength and power training (e.g. core training, plyometric training, eccentric training, use of weightlifting derivatives) are used to promote musculoskeletal health and to improve neuromuscular performance in competition and training.

Guest Editor

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Deadline for manuscript submissions

closed (25 September 2023)



Sports

an Open Access Journal
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Impact Factor 3.2
CiteScore 4.3
Indexed in PubMed



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About the Journal

Message from the Editor-in-Chief

Sports (ISSN 2075-4663) is an international, peer-reviewed open access advanced forum for publishing studies related to the interdisciplinary area of sport, exercise and health sciences. Studies focused solely on competitive performance outcomes (e.g., game statistics, records) without direct application to sports training programs will be considered out of scope.

Sports publishes reviews, regular research papers, and communications, as well as Special Issues on particular subjects.

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JCR - Q1 (Sport Sciences) / CiteScore - Q1 (Physical Therapy, Sports Therapy and Rehabilitation)

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 19.9 days after submission; acceptance to publication is undertaken in 5.5 days (median values for papers published in this journal in the second half of 2025).