

Special Issue

Strength and Conditioning

Message from the Guest Editor

This Special Issue will provide knowledge related to strength and conditioning for fitness and sport performance. It is designed for those interested in the many topics that concern strength and conditioning, in relation to advanced scientific inquiries of program design, the periodization of training and anaerobic strength, and power testing. Topics will focus on postactivation potentiation, neuromuscular adaptations to resistance training, motor unit recruitment, and muscle fiber types. Emphases will be placed on investigations leading to increased human performance through manipulation of bioenergetics, biomechanics, and the endocrine system. Additionally, practical applications to training and performance will be stressed, so as to influence daily exercise protocols.

Guest Editor

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Deadline for manuscript submissions

closed (31 December 2015)



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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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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 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).