

Special Issue

The Role of Strength on Performance in Athletic Tasks

Message from the Guest Editor

Strength underpins successful performance in many athletic tasks. Strong relationships have been observed between measures of multi-joint dynamic and isometric strength (force production) and performance in short sprints, jumps, and change of direction tasks. Clear associations have also been reported between isometric force production and dynamic strength. Relative strength (ratio scaled) appears to differentiate between performances in many athletic tasks, between levels of competition and may explain differences in performances between sexes. More importantly, the results of a limited number of studies demonstrate that increases in relative strength tend to result in improvements in short sprint, jump and change of direction performance. The aim of this Special Issue is to expand on this growing body of research, highlighting the role of strength on performance in athletic tasks including differentiation between levels of performance and between sexes.

Guest Editor

Prof. Dr. Paul Comfort

Directorate of Psychology and Sport, University of Salford, Salford M6 6PU, UK

Deadline for manuscript submissions

closed (4 September 2017)



Sports

an Open Access Journal
by MDPI

Impact Factor 2.9
CiteScore 4.1
Indexed in PubMed



mdpi.com/si/8669

Sports
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
sports@mdpi.com

[mdpi.com/journal/
sports](https://mdpi.com/journal/sports)





Sports

an Open Access Journal
by MDPI

Impact Factor 2.9
CiteScore 4.1
Indexed in PubMed



[mdpi.com/journal/
sports](https://mdpi.com/journal/sports)



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

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

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 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).