

Special Issue

Vitamin D and Athletic Performance

Message from the Guest Editor

Insufficiency in Vitamin D is a serious problem in general internal medicine. Different disorders have been shown to be associated with Vitamin D deficiency. Certain populations, such as elderly people, are at an increased risk for osteoporosis and osteoporotic fractures, among other problems. In athletes, certain populations might be at a higher risk for Vitamin D deficiency. Little is known whether a supplementation in Vitamin D in athletes with deficiency in Vitamin D improves performance. The first idea of this Special Issue, "Vitamin D and Athletic Performance", is to gain more information on the prevalence of Vitamin D deficiency in different sport disciplines (e.g., indoor sports) and populations (e.g., master athletes). The second idea is to see whether a supplementation of Vitamin D in certain populations of athletes with a deficiency can improve athletic performance. Prof. Dr. med. Beat Knechtle

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.

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