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## Acute Resistance Exercise: Performance Effects on Competitive Athletes

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Deadline for manuscript  
submissions:

**closed (20 September 2022)**

### Message from the Guest Editors

Dear Colleagues,

Resistance exercise is one of the critical components of training in all competitive sports. Several types, various intensities and duration of resistance exercise may be applied acutely, before or after a sport specific training session. Moreover, such an approach is applied following short or long periods of training, and depending on the training periodization, may affect sport specific performance in various ways. In fact, it may alter physiological, biomechanical and sport-related abilities that subsequently affect competitive performance.

We ask you to contribute to this Special Issue by presenting your experimental work, including narrative, systematic reviews or meta-analyses. A 50% discount will be offered to the three best accepted paper as selected by the editors.



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# Special Issue



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## 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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