



**sports**



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## Vitamin D and Athletic Performance

Guest Editor:

**Prof. Dr. Beat Knechtle**

Institute of Primary Care,  
University of Zurich, 8091 Zurich,  
Switzerland

Deadline for manuscript  
submissions:

**closed (31 October 2020)**

### Message from the Guest Editor

Dear Colleagues,

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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# Special Issue



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### 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

## 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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Sports Editorial Office  
MDPI, St. Alban-Anlage 66  
4052 Basel, Switzerland

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