



Advances in Sports Science, Medicine and Rehabilitation

Guest Editors:

Dr. Aleksandra Filip-Stachnik

Institute of Sport Sciences, The Jerzy Kukuczka Academy of Physical Education in Katowice, 40-065 Katowice, Poland

Dr. Michał Wilk

Institute of Sport Sciences, The Jerzy Kukuczka Academy of Physical Education, 40-065 Katowice, Poland

Dr. Michał Krzysztofik

Institute of Sport Sciences, The Jerzy Kukuczka Academy of Physical Education in Katowice, 40-065 Katowice, Poland

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Message from the Guest Editors

Proper nutrition and training interventions can significantly influence physical and cognitive abilities, leading to peak athletic performance and improvement of physical fitness, well-being and the rehabilitation process. Moreover, diet and exercise may have significant acute, as well as chronic, health effects. Due to the importance of diet and training for sports performance and health, it is important to investigate and understand the influence of different training methods and dietary interventions.

Therefore, the purpose of this Special Issue, entitled “Advances in Sports Science, Medicine and Rehabilitation”, is to collect scientific papers which target nutritional and exercise strategies to enhance sports performance and public health. The major tasks of all studies should focus on the practical applications of the findings for exercise performance and health optimization.

Keywords: public health; physical activity; exercise for health; health promotion; lifestyle interventions; sports performance; supplements; sports nutrition; human nutrition; diet





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Editor-in-Chief

Prof. Dr. Giulio Nicola Cerullo
Dipartimento di Fisica,
Politecnico di Milano, Piazza L.
da Vinci 32, 20133 Milano, Italy

Message from the Editor-in-Chief

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Applied Sciences Editorial Office
MDPI, Grosspeteranlage 5
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