



Recent Trends in Physical Exercise and Applied Physiology

Guest Editors:

Dr. Tamás Szabó

Hungarian Handball Federation,
Sport Sciences and Diagnostic
Research Centre, Budapest,
Hungary

Dr. Annamária Zsákai

Department of Human
Anthropology, ELTE Eötvös
Loránd University, H-1117
Budapest, Hungary

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Message from the Guest Editors

The relationship between energy supply systems and body composition in morphological profiles.

Adaptation possibilities of aerobic and anaerobic systems depending on the quantitative and functional characteristics of muscle tissue.

Aerobic components of anaerobic performance during high-intensity exercise.

Monitoring the adaptation of endurance training using the speckle tracking technique.

Methodology for determining oxygen deficit under incremental loads.





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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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MDPI, Grosspeteranlage 5
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