



## New Trends in Sport and Exercise Medicine

Guest Editor:

**Dr. Daniela Galli**

Department of Medicine and  
Surgery, University of Parma,  
43125 Parma, Italy

Deadline for manuscript  
submissions:

**closed (30 April 2021)**

### Message from the Guest Editor

Dear Colleagues,

In the last twenty years it has been shown that the practice of regular physical activity reduces the risks of chronic diseases such as cardiovascular diseases, diabetes, and depression, but it has been also demonstrated that it reduces the incidence of colon and breast cancer. Moreover, physical exercise is fundamental in weight control and energy expenditure to contrast the increase of obesity. For example, different training modalities (i.e., aerobic, resistance, concentric, and eccentric) have been shown to influence adipokines and atherosclerosis markers.

On the other side, sport and physical activity are determinants in several disciplines, from wellness and public health to physiotherapy. It also aims to prevent injuries. Thus, advances in sport and exercise medicine could be of high clinical relevance for general sport practitioners, physicians, and athletes. Sport nutrition may also have wider implications.

In this Special Issue, we look for original manuscripts and reviews to cover novel insights in sport and exercise medicine.

Dr. Daniela Galli  
*Guest Editor*





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## Editor-in-Chief

**Prof. Dr. Giulio Nicola Cerullo**  
Dipartimento di Fisica,  
Politecnico di Milano, Piazza L.  
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## Message from the Editor-in-Chief

As the world of science becomes ever more specialized, researchers may lose themselves in the deep forest of the ever increasing number of subfields being created. This open access journal *Applied Sciences* has been started to link these subfields, so researchers can cut through the forest and see the surrounding, or quite distant fields and subfields to help develop his/her own research even further with the aid of this multi-dimensional network.

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*Applied Sciences* Editorial Office  
MDPI, Grosspeteranlage 5  
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