

Special Issue

Advances in Sports Science, Medicine and Rehabilitation

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

Guest Editors

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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.

Editor-in-Chief

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