



Physical Fitness—Effects on Muscle Function and Sports Performance

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Message from the Guest Editors

We all know that possessing high levels of physical fitness is a decisive factor for both health and athletic performance.

The aim of this Special Issue is to expand our knowledge regarding the impact of physical fitness levels on health-related indicators such as muscle function and sports performance. In this Special Issue, we welcome (I) intervention studies in which the changes in physical fitness following a training or detraining period is assessed, (II) crossover studies exploring the relationship of the attributes of physical fitness with different health-related indicators and/or sport-related tasks, and (III) methodological studies in which the properties of the measurement (objectivity, reliability, validity, and sensitivity) of the fitness tests are reported to refine their testing procedures.





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Editor-in-Chief

Message from the Editor-in-Chief

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