



Physical Fitness and Injury Prevention in Athletes

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Deadline for manuscript
submissions:

30 April 2025

Message from the Guest Editors

Dear Colleagues,

The scientific literature has highlighted that to improve athletic performance, coaches should administer specific training stimuli which depend on high levels of technique, tactics, and fitness conditioning. Considering that repetitive technical and physical gestures place high demands on the musculoskeletal system and that excessive or incorrect training stimuli can worsen performance results and increase injury risk, it is fundamental to enrich the knowledge regarding the relationship between fitness and injury prevention in athletes. The risk of injury is inherent in sports and prevention is crucial to decrease injury risk and reduce costs. This Special Issue aims to attract new data that could spark more multidisciplinary discussion on innovative ideas in this area. We invite all authors to submit original research and/or specific reviews that improve the understanding of “Physical Fitness and Injury Prevention in Athletes”, especially those combining a high academic standard coupled with a practical aspect, which are values that contribute to designing and implementing interventions that reduce injuries or mitigate their consequences.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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