



## Growth, Somatic Maturation and Their Impact on Physical Health and Sports Performance

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### Message from the Guest Editors

Contemporary researchers have contributed to the field of research on improving health and sports performance through the development of new measurement methods and training strategies in youth athletes. The aim of this special issue is to propose new training programs aimed at improving health status and physical performance in youth athletes, while highlighting the relationship with somatic maturation throughout longitudinal and cross-sectional studies. The aim of this research collection is to add information on:

- Effect of physical activity on sport performance and benefits on health status in youth people;
- Exercise programs for improving physical performance in youth athletes, taking into account their maturity status;
- Strategies to support developing talent and to prevent drop out in youth sport;
- New evidence for somatic maturation and physical fitness measurement techniques;
- Incidence of traumatic and overuse injuries during growth.





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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. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

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