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Mental Fatigue in Sport

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Deadline for manuscript
submissions:
closed (1 January 2023)

Message from the Guest Editors

There is a growing body of literature that recognizes the role of mental fatigue in sport performance. Several studies provide preliminary evidence that the former impairs the latter. However, different experts highlight the fact that this topic needs a large body of studies in ecological contexts, especially to determine (i) the mental fatigue produced by participation in real competitions and (ii) how coaches can manipulate mental fatigue through training interventions. Therefore, the aim of this Special Issue is to collect information on the effects of mental load and fatigue on applied contexts.

This Special Issue cordially invites experts involved in different sports to submit original research with data about the effects of real competitions or training interventions on mental fatigue, to increase the knowledge about mental fatigue in sport ecological conditions.



mdpi.com/si/76207

Special Issue



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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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