



New Insights and Perspectives of Controlling the Physical Activity Load: Sports Performance and Health

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Deadline for manuscript
submissions:

closed (31 October 2022)

Message from the Guest Editors

In the present Special Issue, we aim to publish high-quality original investigations which analyze different innovative methods to control physical load. We look forward to receiving contributions related (but not limited) to the following topics: training load monitoring, cognitive load monitoring, stress and anxiety assessment, neurophysiological indexes to control stress, physical or cognitive load, or recovery process after exercise. We welcome systematic reviews and meta-analyses, study protocols, and original papers. All manuscripts will be peer reviewed by experts in the field by October 2022.





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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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