



*life*



an Open Access Journal by MDPI

## Focus on Exercise Physiology and Sports Performance

Guest Editor:

**Dr. Laikang Yu**

Department of Strength and  
Conditioning Assessment and  
Monitoring, Beijing Sport  
University, Beijing, China

Deadline for manuscript  
submissions:

**19 November 2024**

### Message from the Guest Editor

Exercise physiology examines the physiological changes that occur in the muscular, cardiovascular, respiratory, and metabolic systems as the body responds to the demands of physical activity. This understanding enables us to design effective training programs aimed at specific physiological adaptations, leading to improved performance and reduced risk of injury. However, sports performance focuses on the practical application of these physiological principles in real-world sports settings. It involves the study of techniques, strategies, and training methods that can help athletes reach their peak performance. This includes the analysis of athlete's biomechanics, the use of technological advancements in performance monitoring, and the development of recovery and nutrition plans that support optimal training and competition.

We invite researchers and experts in related fields to submit their work and contribute to this Special Issue. Submissions of original research articles and review articles are invited.



[mdpi.com/si/203374](https://mdpi.com/si/203374)

# Special Issue



*life*



an Open Access Journal by MDPI

## Editor-in-Chief

### **Prof. Dr. Lluís Ribas de Pouplana**

Institute for Research in Biomedicine (IRB Barcelona), The Barcelona Institute of Science and Technology, 08028 Barcelona, Spain

## Message from the Editor-in-Chief

*Life* (ISSN 2075-1729) is an international, peer-reviewed open access journal that publishes scientific studies related to fundamental themes in life sciences. Some papers are published individually, while others are submitted for inclusion in special issues with guest editors. You are invited to contribute a research article, essay, or a review to be considered for publication.

## Author Benefits

**Open Access:** free for readers, with [article processing charges \(APC\)](#) paid by authors or their institutions.

**High Visibility:** indexed within [Scopus](#), [SCIE \(Web of Science\)](#), [PubMed](#), [PMC](#), [CAPlus / SciFinder](#), [AGRIS](#), and [other databases](#).

**Journal Rank:** JCR - Q1 (Biology) / CiteScore - Q1 (Paleontology)

## Contact Us

---

*Life* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
[www.mdpi.com](http://www.mdpi.com)

[mdpi.com/journal/life](http://mdpi.com/journal/life)  
[life@mdpi.com](mailto:life@mdpi.com)  
[X@Life\\_MDPI](#)