

## Special Issue

# Effects of Physical Training on Youth Athletes' Physical Performance, Health and Well-Being

### Message from the Guest Editors

In this Special Issue, we aim to provide a comprehensive understanding of the acute and longitudinal effects of various training interventions, such as resistance, plyometric, energy system, or multidirectional speed training, on the overall development of physical performance, health, and well-being in youth athletes. Each article will provide a unique perspective, employing experimental, observational, or longitudinal study designs, and consider quantitative assessments of athletic performance metrics, health markers, injury surrogate measures and/or a qualitative exploration of athletes' perceptual and psychological experiences. We also welcome applied reviews that provide examples of and recommendations regarding how to best enhance physical performance, mitigate injury risk, and improve health and well-being in youth athletes.

### Guest Editors

Prof. Dr. Jorge Arede

Polytechnic Institute of Viseu, Viseu, Portugal

Dr. Thomas Dos'Santos

Department of Sport and Exercise Sciences, Musculoskeletal Science and Sports Medicine Research Center, Manchester Metropolitan University, Manchester, UK

Prof. Dr. Oliver Gonzalo-Skok

Department of Communication and Education, Universidad Loyola Andalucía, Sevilla, Spain

### Deadline for manuscript submissions

closed (25 February 2025)



## Life

---

an Open Access Journal  
by MDPI

---

Impact Factor 3.4  
CiteScore 6.0  
Indexed in PubMed



[mdpi.com/si/193287](https://mdpi.com/si/193287)

*Life*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[life@mdpi.com](mailto:life@mdpi.com)

[mdpi.com/journal/  
life](https://mdpi.com/journal/life)





# Life

---

an Open Access Journal  
by MDPI

---

Impact Factor 3.4  
CiteScore 6.0  
Indexed in PubMed



[mdpi.com/journal/  
life](https://mdpi.com/journal/life)



## About the Journal

### 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.

---

### 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

---

### 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, CAPIus / SciFinder, and other databases.

#### Journal Rank:

JCR - Q1 (Biology) / CiteScore - Q1 (Paleontology)