



Recent Perspectives on the Role of Dietary Protein for Resistance Exercise Training

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Deadline for manuscript
submissions:

closed (30 June 2022)

Message from the Guest Editor

Given the continued rise in popularity for dietary protein and its role in resistance exercise training, a concise and improved understanding of the mechanisms that are modulated by dietary protein and its potential in facilitating an adaptive physiological response to said training is of pivotal importance. With skeletal muscle mass declining with age, formulating better ways to combat muscle loss with dietary protein and resistance exercise training is warranted.

Dietary protein plays a pivotal role in the recovery process following resistance exercise training. Thus, skeletal muscle mass is modulated by a diverse range of factors. These include nutrient timing, various resistance training modalities, physiological mechanisms such as acute changes in the release of anabolic and catabolic hormones, anabolic and catabolic signaling pathways, muscle protein synthesis and breakdown.

This Special Issue will collate recent high-quality research in the field of dietary protein and resistance exercise training, focusing on the investigation of dietary protein and the role(s) it plays in the adaptive response to resistance exercise training. These topics may include nutrient sensing.





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Journal Rank: JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Food Science)

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