



*nutrients*



an Open Access Journal by MDPI

## Hydration and Body Composition in Sports Practice

Guest Editor:

### **Dr. Francesco Campa**

Department of Biomedical Sciences, Università degli Studi di Padova, Via Ugo Bassi 58/B, 35131 Padova, Italy

Deadline for manuscript submissions:

**closed (15 July 2023)**

### **Message from the Guest Editor**

Analyzing hydration status and monitoring body composition is an important topic when discussing the benefits of leading a healthy lifestyle, due to its influence on health status and sports performance. In the last few years, the scope of research in sports has become increasingly wide and detailed, laying the foundations for the development of innovative evaluation approaches aimed at improving body composition, health, and physical function. The articles published in this research collection highlight the relationship among these specific parameters through longitudinal and transversal experimental designs as well as systematic literature reviews. Contemporary researchers have contributed to the field of research on improving health and sports performance through the development of new measurement methods for assessing hydration status and training strategies for improving body composition and sports performance. Investigators that have conducted studies on these topics are invited to submit manuscripts for consideration for this Special Issue in *Nutrients*.



[mdpi.com/si/122697](https://mdpi.com/si/122697)

**Special** *Issue*



an Open Access Journal by MDPI

## Editors-in-Chief

### **Prof. Dr. Lluís Serra-Majem**

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

### **Prof. Dr. Maria Luz Fernandez**

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

## 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, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

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

## Contact Us

---

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

Tel: +41 61 683 77 34  
www.mdpi.com

mdpi.com/journal/nutrients  
nutrients@mdpi.com  
X@Nutrients\_MDPI