



Hydration and Nutrition Considerations for Sports and Physical Activity

Guest Editor:

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Message from the Guest Editor

Dear Colleagues,

In the context of sports and physical activity, proper hydration and nutrition is a vital component for the optimization of physical and cognitive performance and enhancing safety. Despite extensive work in this area, hydration and nutrition-related topics in this area remain a debated topic within scientific literature. Specifically, there remains to be a thorough understanding of (1) the impact of chronic underhydration on health and performance in an athletic population, (2) relationships between the demands of sports (i.e., physiological, environmental, and psychological) and hydration or nutrition, and (3) behavioral aspects of hydration and fluid intake in sports and physical activity. Thus, this Special Issue “Hydration and Nutrition Considerations for Sports and Physical Activity” aims to publish experimental data and reviews taking an innovative approach to this topic. Topics related to methodological considerations or theoretical approaches to address hydration in sports and physical activity are also welcome.

Dr. William M. Adams

Guest Editor





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