



nutrients



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Nutrition for Muscular Strength, Power and Endurance

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Message from the Guest Editor

Dear Colleagues,

The ability to generate and maintain force and power production is critical in sports performance and determines the health status of several populations. Consequently, force and power development constitute a vital component of strength and conditioning programs aimed at improving performance as well as restoring or maintaining muscular function and health.

Nutrition alters the acute and prolonged metabolic and neuromuscular adaptations to exercise and training. The total energy intake, amount and distribution of macronutrients and micronutrients ingested, hydration status, or the use of dietary supplements modify the ability of muscles to produce force and power.

Therefore, this Special Issue invites the submission of sport and exercise nutrition-based manuscripts that advance scientific understanding and provide novel insights on the interaction between nutrition and muscular strength, power, or endurance, whether to improve sports performance or to restore or maintain muscular function and health.



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