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Sports and Paralympic Sports Physiology: Environmental, Training, Physiology and Other Variables Related to Performance and Performance

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Deadline for manuscript
submissions:

20 August 2024

Message from the Guest Editor

Several factors have been reported that tend to impact the success, performance, rehabilitation and physical conditioning of athletes and para-athletes. Another important point in paralympic sports and parasports would be the combination of performance with physical, physiological and psychological characteristics, among others. Thus, from childhood to adulthood, there tend to be adaptations related to training and exercise. This Special Issue aims to present research on exercise physiology, adaptation, and environment, in addition to the use of ergonomic aids related to exercise under extreme environmental conditions and performance improvement strategies in athletes and para-athletes.

As a result, we expect to receive contributions related to, but not limited to, the following topics: training load monitoring; stress and physiological responses during exercise or sports; the recovery process after exercise; changes after stress and/or training load; and the physiology of health training and sports performance



mdpi.com/si/139809

Special Issue



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Message from the Editor-in-Chief

Sports (ISSN 2075-4663) is a peer-reviewed scientific journal that publishes original articles, critical reviews, research notes and short communications in the interdisciplinary area of sport sciences and public health. It links several scientific disciplines in an integrated fashion, to address critical issues related to sport science and public health. The journal presents diverse original articles, including systematic and narrative reviews, cohort and case control studies, innovative randomized trials, and formative research using qualitative and quantitative methods with the aim to provide information for researchers to plan intervention programs. It addresses diverse public health, physical activity and exercise science topics.

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Journal Rank: CiteScore - Q1 (*Physical Therapy, Sports Therapy and Rehabilitation*)

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