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The Effects of Strength and Power Training on Physical Performance and Body Composition in Young and Older People

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Deadline for manuscript submissions:

closed (20 January 2024)

Message from the Guest Editors

We invite you to submit a study on this Special Issue of *Sports*, entitled "The Effects of Strength and Power Training on Physical Performance and Body Composition in Young and Older People". This issue aims to present studies about strength and power training in two main aspects: physical performance (e.g., physical function (activities of daily living), strength, power, agility, coordination, endurance, balance, flexibility) and body composition (e.g., muscle mass (hypertrophy or atrophy), lean body mass, fat percentage, obesity, anorexia, sarcopenia). The study participants should be young people (e.g., adolescents and young adults) and/or older adults who were engaged in resistance training programs (e.g., strength and/or power training) for health, rehabilitation, sports performance, and aesthetic purposes (e.g., bodybuilding). Applied studies will be welcome; these may support physical trainers, coaches, personal trainers, physical education teachers, physical therapists, physicians, and nutritionists in their professional activities. This Special Issue will accept original articles, reviews, case studies, and short reports.



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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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