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Strategies to Improve Modifiable Factors of Athletic Success

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Deadline for manuscript
submissions:

closed (31 October 2025)

Message from the Guest Editors

Numerous factors contribute to athletic success. Some factors are outside of the influence of coaches, such as the genetic potential of the athletes they coach and the skill of the opposition their athletes face. However, coaches can influence numerous factors that influence the probability of athletic success by incorporating research from the following fields into their coaching practice:

1. Exercise physiology
2. Nutrition
3. Sport Psychology
4. Skill Acquisition.

As a result, we are interested in submissions that coaches can implement to improve modifiable factors related to athletic success.

This Special Issue welcomes the submission of original research, meta-analyses, systematic reviews, narrative reviews, commentaries, opinion articles, and perspectives.

It is our hope that this special issue will attract research that will improve current practice. As John Wooden once said, “It’s the little details that are vital. Little things make big things happen.”



mdpi.com/si/218994

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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