

## Special Issue

# Acute Resistance Exercise: Performance Effects on Competitive Athletes

### Message from the Guest Editors

Resistance exercise is one of the critical components of training in all competitive sports. Several types, various intensities and duration of resistance exercise may be applied acutely, before or after a sport specific training session. Moreover, such an approach is applied following short or long periods of training, and depending on the training periodization, may affect sport specific performance in various ways. In fact, it may alter physiological, biomechanical and sport-related abilities that subsequently affect competitive performance. We ask you to contribute to this Special Issue by presenting your experimental work, including narrative, systematic reviews or meta-analyses. A 50% discount will be offered to the three best accepted paper as selected by the editors.

---

### Guest Editors

Dr. Argyris Toubekis

Division of Aquatic Sports, School of Physical Education and Sports Science, National and Kapodistrian University of Athens, 17237 Athens, Greece

Prof. Dr. Giorgos Paradisis

School of Physical Education and Sport Science, National and Kapodistrian University of Athens, 17237 Athens, Greece

---

### Deadline for manuscript submissions

closed (20 September 2022)



## Sports

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.9  
CiteScore 4.1  
Indexed in PubMed



[mdpi.com/si/82103](https://mdpi.com/si/82103)

*Sports*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[sports@mdpi.com](mailto:sports@mdpi.com)

[mdpi.com/journal/  
sports](https://mdpi.com/journal/sports)





# Sports

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.9  
CiteScore 4.1  
Indexed in PubMed



[mdpi.com/journal/  
sports](https://mdpi.com/journal/sports)



## About the Journal

### 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.

---

### Editor-in-Chief

Prof. Dr. Eling Douwe De Bruin

1. Institute of Human Movement Sciences and Sport, IBWS ETH, HCP H 25.1, Leopold-Ruzicka-Weg 4, CH-8093 Zürich, Switzerland
2. Karolinska Institutet, Stockholm, Sweden

---

### Author Benefits

#### High Visibility:

indexed within Scopus, ESCI (Web of Science), PubMed, PMC, and other databases.

#### Journal Rank:

JCR - Q1 (Sport Sciences) / CiteScore - Q2 (Physical Therapy, Sports Therapy and Rehabilitation)

#### Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 19.9 days after submission; acceptance to publication is undertaken in 5.5 days (median values for papers published in this journal in the second half of 2025).