



Body Composition and Physical Health in Sports Practice

Guest Editor:

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Deadline for manuscript
submissions:

closed (30 September 2020)

Message from the Guest Editor

Research in human body composition has gained relevance given the recognized health impact of several body components. Quantifying human body composition in sports practice plays an important role in monitoring athlete health status, performance, and training regimens. Such analysis can be performed in different contexts and with different approaches, e.g., in cross-sectional studies that aim to characterize sporting group samples and in longitudinal research finalized to define short-term or long-term changes and implications for physical health and performance. Body composition is also fundamental to a correct interpretation of body mass and weight status, in order to plan specific interventions. The purpose of this research collection is to add information on:

- 1) the effect of body composition on physical health and sport performance;
- 2) current body composition measurement techniques;
- 3) strategies for improving physical health through sports practice.

This Special Issue is open to the subject area of body composition and physical health in sports practice.





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Message from the Editor-in-Chief

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