



Physical Fitness and Sport Sciences: Training and Injury Prevention

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Message from the Guest Editors

The main purpose of the training process is not only to achieve a high level of success in the sport, but also to induce physical adaptations that enhance sport-specific skills and health. In this regard, the manipulation of training and exercise parameters (e.g., volume, intensity, density) are key factors to maximize training adaptations and physical performance. The aim of this Special issue is to provide in-depth knowledge in the form of original work, review articles, and meta-analyses on the effects and effectiveness to different training and exercise methods, considered together with the importance of considering an individualized approach in training and exercise. A special emphasis will be placed on athletic performance, gender, and injury prevention in youth athletes during the different stages of maturation.

Deadline for manuscript
submissions:

closed (28 February 2021)





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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