



Health and Performance through Sports at All Ages 3.0

Guest Editor:

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Message from the Guest Editor

Dear Colleagues,

It is with great enthusiasm that I am announcing a Special Issue 3.0 in *JFMK* with the aim of examining the effects of sports practiced at all ages on health and performance. Health, fitness, and exercise have become very important topics in the field of research. Sports-related professionals require the support of evidence-based knowledge to respond satisfactorily to the population practicing individual, team and combat sports. Topics of interest include strength training, exercise technique, conditioning methodologies and programming, performance recovery, skill development, body composition, nutrition for performance and health, and health- and performance-related testing. We welcome original research, meta-analysis, reviews, and brief reports.

Prof. Dr. Gianpiero Greco
Guest Editor

