



Research on Sports Nutrition: Body Composition and Performance

Guest Editor:

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Deadline for manuscript
submissions:

closed (31 January 2020)

Message from the Guest Editor

I have volunteered my time to handle a *Special Issue* in the **Journal of Functional Morphology and Kinesiology**. This issue will focus on research in the field of sports nutrition with particular emphasis on body composition and/or performance. The aim of this Special Issue is to attract papers that address the role of sports nutrition in the field of competitive athletics as well as the general population. It is clear that sports nutrition and supplementation plays a significant role vis a vis body composition and human performance. There are several supplements with robust data to support their use such as: beta-alanine, creatine, beet root, protein, caffeine, probiotics etc. Authors are invited to submit original research papers, meta-analyses, and/or systematic reviews.

Keywords:

- Sports Supplements
- Creatine
- Protein
- Body Composition
- Performance
- Athlete
- Skeletal Muscle

