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Special Nutritional Needs and Nutritional Status of Team Sports Athletes

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Message from the Guest Editors

A well-balanced diet is one of the key elements supporting physical performance. Meeting the nutritional needs of athletes is crucial during the preparation for exercise and during exercise, as well as during the recovery period. Also, the period of preparation for competition and training, as well as the competition itself, are special periods characterised by specific nutritional needs. Team sports also have their own specificities. Athletes filling different roles on the team may have more or less intense efforts during their sport. Training will also focus on different elements depending on the type of team sport. It is therefore important to study the nutritional status of team athletes, the effect of diet on their physical performance, and to monitor the intake of specific food groups for possible deficiencies and the consequences that follow. This Special Issue aims to bring together papers focusing on the effect of diet on physical activity in team athletes at different periods of the micro- and macrotraining cycle.



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Special Issue



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