



Exercise Physiology and Biochemistry

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Message from the Guest Editors

Dear Colleagues,

The physiology and biochemistry of exercise is not only a primary concern of athletes and exercise physiologists, but also it has important implications for those who engage in only moderate exercise, as well as for sedentary individuals. Exercise also has profound beneficial effects on the biochemistry of people with diabetes, obesity, and other metabolic disorders, while the recent COVID-19 outbreak has revealed that exercise and physical activity provides protection against severe COVID-19 disease and comorbidities.

Herein, we set up a Special Issue to incorporate papers focusing on Exercise Physiology and Biochemistry. It will include but is not limited to the topics physical or motor activity and biomechanics, exercise training, exercise metabolism, thermoregulation, systemic physiological responses (musculoskeletal, cardiovascular, respiratory, endocrine, and others), and clinical exercise physiology and biochemistry.

This Special Issue aims at presenting advances and new insights into the molecular, cellular, and systemic mechanisms that mediate acute and adaptive responses to exercise in health and disease.



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Special Issue



Editor-in-Chief

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Message from the Editor-in-Chief

Physiologia draws together researchers from all subdisciplines of physiological research with the common aim of enhancing knowledge of the mechanisms of growth, health, and disease across species. The journal aims to provide rapid peer review and unlimited open access to those interested in topics advancing physiological sciences from both the research and wider community. We hope you will support the journal by becoming one of our authors.

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