



Children's Sports Physiology

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Deadline for manuscript
submissions:

29 December 2023

Message from the Guest Editors

Dear Colleagues,

Regular exercise plays a beneficial role in health-related components of physical fitness such as body composition, cardiorespiratory fitness, muscle endurance, strength, flexibility and cognitive development. This Special Issue aims to create a collection of articles on acute responses and chronic adaptations to children's sports practice. Articles on human systems that are not adequately addressed in the existing literature (e.g., cortical, digestive and immunity systems) are more than welcome. Submission of research articles, as well as reviews and case reports, will be considered for publication.

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Guest Editors





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Message from the Editor-in-Chief

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