

Special Issue

Sports, Exercise and Brain Health

Message from the Guest Editors

It is commonly known that regular exercise is good for people's cognition and brain health. However, the exact mechanisms by which chronic exercise enhances brain function are still unknown, particularly regarding how the impact of acute exercise on brain function affects that of chronic exercise. Therefore, it may be challenging to develop the ideal exercise prescription for chronic brain health based on findings on the impact of acute exercise on brain function. A growing body of evidence suggests that the myokines cathepsin B and irisin, which are muscle-induced peripheral factors, cross the blood-brain barrier to increase the production of brain-derived neurotrophic factor (BDNF). However, despite the fact that the production of lactate has been widely used as a biomarker to reflect exercise mode, strength, and duration, lactate was not investigated to determine the mechanism of exercise-induced improvement in brain function. This Special Issue will consider all studies aimed at investigating the effects of physical exercise (acute or long-term) on the brain.

Guest Editors

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Deadline for manuscript submissions

closed (10 January 2024)



Brain Sciences

an Open Access Journal
by MDPI

Impact Factor 2.7
CiteScore 4.8
Indexed in PubMed



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