

## Special Issue

# Frontiers in Sport Performance, Health, and Fitness

### Message from the Guest Editors

Sports performance, health, and fitness development and maintenance are interconnected aspects underpinning physical exercise. In sports performance, practitioners should establish what the best interventions or strategies are to improve athletes in the following domains: Technical–tactical: Analyzing the different gestures and movements intimately correlated with sport-specific performance in individual and team sport athletes, also in the transition from youth to adult context. Physical: Increasing the range of choices to refine practitioners' decision-making ability on the use of the most suitable and appropriate interventions in order to bring improvements in biomotor qualities and body composition, and to reduce the risk of injuries. Cognitive: Providing additional information on the influence of cognitive function on physical performance during competitive events with the aim of helping athletes to maximize their outcomes when immersed in a highly stimulated or poorly stimulated environment. ... The details see:

[https://www.mdpi.com/journal/ijerph/special\\_issues/Sport\\_Performance\\_Fitness](https://www.mdpi.com/journal/ijerph/special_issues/Sport_Performance_Fitness)

---

### Guest Editors

Dr. Athos Trecroci

Dr. Alessio Rossi

Dr. Luca Cavaggioni

---

### Deadline for manuscript submissions

closed (28 February 2023)



## International Journal of Environmental Research and Public Health

---

an Open Access Journal  
by MDPI

---

CiteScore 7.3  
Indexed in PubMed



[mdpi.com/si/97924](https://www.mdpi.com/si/97924)

*International Journal of  
Environmental Research and  
Public Health*

MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[ijerph@mdpi.com](mailto:ijerph@mdpi.com)

[mdpi.com/journal/  
ijerph](https://www.mdpi.com/journal/ijerph)





# International Journal of Environmental Research and Public Health

---

an Open Access Journal  
by MDPI

---

CiteScore 7.3  
Indexed in PubMed



[mdpi.com/journal/  
ijerph](https://mdpi.com/journal/ijerph)



## About the Journal

### Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

---

### Editor-in-Chief

Prof. Dr. Paul B. Tchounwou

RCMI Center for Urban Health Disparities Research and Innovation,  
Richard N. Dixon Research Center, Morgan State University, Baltimore,  
MD 21251, USA

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPlus / SciFinder, and other databases.

#### Journal Rank:

CiteScore - Q1 (Public Health, Environmental and Occupational Health)