

## Special Issue

# Female Athlete Health in Training and Sports Performance

### Message from the Guest Editors

This Special Issue aims to examine sex differences in performance, including preparation and recovery modalities. Broadly, this Special Issue is seeking original submissions that: (1) Use sound scientific design to distinguish differences between phases of the menstrual cycle and/or natural vs. hormonal contraception cycles on performance; (2) Investigates sex differences (from molecular through to whole-body scales) in athletic performance; and (3) Best practices for designing, implementing, and/or evaluating sex-specific training modalities. Special interest will be given to innovative submissions that expand and build upon optimizing performance and recovery between sexes. Other manuscript types of interest include relevant position papers, brief reports, and commentaries.

---

### Guest Editors

Dr. Stacy T. Sims

The Sports Performance Research Institute New Zealand (SPRINZ), Auckland University of Technology (AUT), Auckland 1010, New Zealand; Faculty of Health, University of Waikato, Hamilton 3216, New Zealand

Prof. Dr. Christopher T. Minson

Department of Human Physiology, University of Oregon, Eugene, OR 97403, USA

---

### Deadline for manuscript submissions

closed (30 November 2022)



## International Journal of Environmental Research and Public Health

---

an Open Access Journal  
by MDPI

---

CiteScore 7.3  
Indexed in PubMed



[mdpi.com/si/58586](https://mdpi.com/si/58586)

*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://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)