

Special Issue

Sports Medicine: Nutritional Sciences and Nutritional Biochemistry: 2nd Edition

Message from the Guest Editor

This second volume of this Special Issue follows on from the success of the first. This Issue aims to place a particular emphasis on sports nutrition. This includes “classic” aspects of sports nutrition, such as pre- and post-workout, pre- and post-competition nutrition, nutrition during physical activity, dietary supplementation with particular focus on ergogenics and sport foods, as well as innovative aspects such as the analysis of metabolites through urine or miRNAs to evaluate the nutritional status and consequent performance. Finally, we include new concepts that may involve AI and computational models. Potential topics include, but are not limited to, the following: Nutritional supplements and performance; The role of metabolomics in sports nutrition; The role of miRNA in sports nutrition; A new consideration of the metabolic pathways applied to sport nutrition; Ergogenics and sport food: new insights; AI and sports nutrition; Nutrition and body composition evaluation.

Guest Editor

Dr. Roberto Cannataro

Department of Pharmacy, Health and Nutritional Sciences, University of Calabria, Rende, Italy

Deadline for manuscript submissions

31 March 2025



Life

an Open Access Journal
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Impact Factor 3.2
CiteScore 4.3
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MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
life@mdpi.com

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Message from the Editor-in-Chief

Life (ISSN 2075-1729) is an international, peer-reviewed open access journal that publishes scientific studies related to fundamental themes in life sciences. Some papers are published individually, while others are submitted for inclusion in special issues with guest editors. You are invited to contribute a research article, essay, or a review to be considered for publication.

Editor-in-Chief

Prof. Dr. Lluís Ribas de Pouplana

Institute for Research in Biomedicine (IRB Barcelona), The Barcelona
Institute of Science and Technology, 08028 Barcelona, Spain

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