

Special Issue

Sports Medicine: Nutritional Sciences and Nutritional Biochemistry

Message from the Guest Editors

Sport medicine is now a well-established field with many different applications, ranging from well-being to competitive sports, up to professional athletes. This Special Issue aims to put a particular emphasis on sports nutrition, in particular evaluating the aspects of hormonal and biochemical regulation. 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, and also 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 such as fractals. Potential topics include, but are not limited, the following:

- Nutrition "peri" workout
- Nutritional supplements and performance
- Role of metabolomic in sport nutrition
- Role of miRNA in sport nutrition
- New consideration on metabolic pathway applied to sport nutrition
- Ergogenics and sport food: new insight
- AI and sport nutrition
- Nutrition and body composition evaluation

Guest Editors

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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.

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