

## Special Issue

# Human Physiology in Exercise, Health and Sports Performance

### Message from the Guest Editors

This Special Issue aims to explore the physiological mechanisms underlying human performance in exercise, health, and sports. Topics of interest include exercise physiology, bioenergetics, human locomotion, thermal physiology, performance analysis, and training optimization. We welcome contributions featuring various methodologies, including randomized controlled trials, cohort studies, case reports, integrated and longitudinal approaches, and narrative reviews authored by experts in the field. Advancements in digital and wearable technologies—such as smart textiles, biomarkers, and electrochemical sensors—are of particular interest, as they offer insights into monitoring training load, pacing strategies, and performance outcomes. We encourage submissions that address gender diversity and include high-performance samples/volunteers across genders. Additionally, we seek contributions that adopt an integrated approach to providing holistic solutions to complex problems within exercise physiology—join us in advancing our collective understanding of exercise performance and human physiology as we strive to optimize health and athletic achievement.

### Guest Editors

Dr. Rodrigo Zacca

1. Research Center in Physical Activity, Health and Leisure (CIAFEL), Faculty of Sports, University of Porto (FADEUP), 4099-002 Porto, Portugal
2. Laboratory for Integrative and Translational Research in Population Health (ITR), 4050-600 Porto, Portugal

Dr. Robin Pla

French Swimming Federation, Clichy, France

Dr. Roberto Baldassarre

Researcher Italian Olympic Committee and Italian Swimming Federation, Rome, Italy

### Deadline for manuscript submissions

29 August 2025



## Sports

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*Sports*

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

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## About the Journal

### Message from the Editor-in-Chief

*Sports* (ISSN 2075-4663) is a peer-reviewed scientific journal that publishes original articles, critical reviews, research notes and short communications in the interdisciplinary area of sport sciences and public health. It links several scientific disciplines in an integrated fashion, to address critical issues related to sport science and public health. The journal presents diverse original articles, including systematic and narrative reviews, cohort and case control studies, innovative randomized trials, and formative research using qualitative and quantitative methods with the aim to provide information for researchers to plan intervention programs. It addresses diverse public health, physical activity and exercise science topics.

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### Editor-in-Chief

Prof. Dr. Eling Douwe De Bruin

1. Institute of Human Movement Sciences and Sport, IBWS ETH, HCP H 25.1, Leopold-Ruzicka-Weg 4, CH-8093 Zürich, Switzerland
2. Karolinska Institutet, Stockholm, Sweden

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#### Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 19.1 days after submission; acceptance to publication is undertaken in 2.9 days (median values for papers published in this journal in the second half of 2024).