

Special Issue

Exercise Physiology: New Frontiers for Exercise Testing and Prescription

Message from the Guest Editors

Within the past decade, research on exercise testing has refined exercise prescription across newly defined exercise intensity domains. These domains are demarcated by the gas exchange/lactate threshold (GET/LT), critical power (CP), or critical speed (CS) in running, whereby exercise exceeding CP/CS and/or the maximal lactate steady state (MLSS), will evoke the attainment of maximum oxygen uptake (VO₂max). Key testing advances include the 3-min all-out exercise test for the determination of CP/CS and the verification bout for determination of “true” VO₂max. These metrics enable the prediction of exercising performance, provide refined exercise prescription, and are useful in monitoring training adaptations. The Special Issue is soliciting original research and review articles related to these trending areas in exercise testing and prescription. We encourage submissions using and evaluating these testing procedures as well as other novel procedures in all populations including healthy subjects of all ages, athletes, sedentary individuals, and individuals with risk factors or those with diagnosed chronic disease.

Guest Editors

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Deadline for manuscript submissions

closed (30 May 2021)



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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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