

Special Issue

Functional Movement and Training

Message from the Guest Editor

This Special Issue of *Sports* will provide knowledge related to functional movement and functional movement training as they relate to health and sport performance. It is designed for those interested in a number of topics that concern functional movement, in relation to scientific inquiries of functional movement training protocols and performance outcomes. Topics will focus on mobility training and practices, the utilization of breathing techniques to influence performance, skill development in functional movement and recovery practices (physical, mental or nutritional). However, any research focusing on any aspect of functional movement is welcomed for review. Additionally, practical applications to training and performance will be stressed, so as to influence daily training protocols.

Guest Editor

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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.

Editor-in-Chief

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High Visibility:

indexed within Scopus, ESCI (Web of Science), PubMed, PMC, and other databases.

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JCR - Q2 (Sport Sciences) / CiteScore - Q2 (Physical Therapy, Sports Therapy and Rehabilitation)

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 20.4 days after submission; acceptance to publication is undertaken in 3.6 days (median values for papers published in this journal in the first half of 2024).