



Muscle Morphology: The Role in Human Body Performance-Functionality and Training Induced Adaptations

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Message from the Guest Editors

Dear Colleagues,

Thus, the aim of this Special Issue is to address and highlight all the above issues, by bringing together original investigations and reviews with particular focus on the interactions between muscle morphology and human body performance and functionality, as well as between the training-induced adaptations of the above, in a wide range of populations including, but not limited to, athletes of various sports, sedentary individuals, and patients with body function limitations (like elderly, patients with muscle dystrophies, POMPE, etc). We welcome different types of manuscript submissions, including original research articles, systematic reviews, and meta-analyses, that provide novel and applied information-outcomes on this topic.





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Message from the Editor-in-Chief

As the world of science becomes ever more specialized, researchers may lose themselves in the deep forest of the ever increasing number of subfields being created. This open access journal Applied Sciences has been started to link these subfields, so researchers can cut through the forest and see the surrounding, or quite distant fields and subfields to help develop his/her own research even further with the aid of this multi-dimensional network.

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