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Stress and Training Load Effects on Recovery, Well-Being and Sports Performance

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Deadline for manuscript submissions:
closed (30 April 2021)

Message from the Guest Editors

A growing body of literature demonstrates the influence of stress and training load on the recovery process and well-being of exercise practitioners and athletes. The dependent relationships between stress, training load, recovery, and well-being may constrain overall performance, considering the body of evidence. However, the magnitude of such relationships may vary according to many contextual factors and adaptability of the practitioners and athletes. Considering that more research should be done and published about such important topics, the aim of the Special Issue “Stress and Training Load Effects on Recovery, Well-Being and Sports Performance” is to publish high-quality original investigations or systematic reviews in the field of stress, training load, recovery, well-being and sports performance. We look forward to receiving contributions related (but not limited) to the following topics: training load monitoring, stress and physiological responses during exercise or sports, recovery process after exercise, psychobiological changes after stress and/or training load. We welcome papers related to evidence of successful intervention strategies.

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Editor-in-Chief

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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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