



Exercise and Performance Physiology

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Message from the Guest Editors

Physical exercise and performance in sports are strongly linked to physiological variables. Understanding the effect of exercise and the acute and chronic dose-response patterns involves studying specific changes in muscular and cardiovascular systems that lead to changes in health and human performance. Consequently, the knowledge provided by scientific studies on performance physiology can be useful to optimize coaching and training programs and aid adequate long-term development of athletes. In-depth understanding of the effects of training stimuli on specific adaptations will contribute to increase the scientific knowledge of how to achieve better athletic performance and reduce the risk of sport injuries. This Special Issue of the International Journal of Environmental Research and Public Health aims to create a multidisciplinary discussion on up-to-date scientific data in this area and, we invite all authors to submit original research and/or specific reviews that improve our understanding of "Exercise and Performance Physiology".

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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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