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Strength and Conditioning

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Message from the Guest Editor

Dear Colleagues,

This Special Issue will provide knowledge related to strength and conditioning for fitness and sport performance. It is designed for those interested in the many topics that concern strength and conditioning, in relation to advanced scientific inquiries of program design, the periodization of training and anaerobic strength, and power testing. Topics will focus on postactivation potentiation, neuromuscular adaptations to resistance training, motor unit recruitment, and muscle fiber types. Emphases will be placed on investigations leading to increased human performance through manipulation of bioenergetics, biomechanics, and the endocrine system. Additionally, practical applications to training and performance will be stressed, so as to influence daily exercise protocols.

Prof. Dr. Lee E. Brown
Guest Editor



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Special Issue



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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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