



sports



an Open Access Journal by MDPI

Vitamin D and Athletic Performance

Guest Editor:

Prof. Dr. Beat Knechtle

Institute of Primary Care,
University of Zurich, 8091 Zurich,
Switzerland

Deadline for manuscript
submissions:

closed (31 October 2020)

Message from the Guest Editor

Dear Colleagues,

Insufficiency in Vitamin D is a serious problem in general internal medicine. Different disorders have been shown to be associated with Vitamin D deficiency. Certain populations, such as elderly people, are at an increased risk for osteoporosis and osteoporotic fractures, among other problems.

In athletes, certain populations might be at a higher risk for Vitamin D deficiency. Little is known whether a supplementation in Vitamin D in athletes with deficiency in Vitamin D improves performance.

The first idea of this Special Issue, "Vitamin D and Athletic Performance", is to gain more information on the prevalence of Vitamin D deficiency in different sport disciplines (e.g., indoor sports) and populations (e.g., master athletes). The second idea is to see whether a supplementation of Vitamin D in certain populations of athletes with a deficiency can improve athletic performance.

Prof. Dr. med. Beat Knechtle
Guest Editor



mdpi.com/si/9022

Special Issue



sports



an Open Access Journal by MDPI

Editor-in-Chief

Prof. Dr. Eling Douwe De Bruin

1. Institute of Human Movement
Sciences and Sport, IBWS ETH,
HCP H 25.1, Leopold-Ruzicka-
Weg 4, CH-8093 Zürich,
Switzerland
2. Karolinska Institutet,
Stockholm, Sweden

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.

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

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

Journal Rank: CiteScore - Q1 (*Physical Therapy, Sports Therapy and Rehabilitation*)

Contact Us

Sports Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/sports
sports@mdpi.com
X@Sports_MDPI