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Special Issue Reprint

Advances in Sport Physiology, Nutrition, and Metabolism

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This Reprint brings together seven original research articles and one review presenting current developments in sport physiology, training adaptation, nutrition, and applied sport science. The contributions address two principal research areas—the first concerns acute physiological responses to exercise and conditioning stimuli, including optimizing isometric conditioning protocols and the immediate mechanical responses of muscle and tendon tissues to maximal aerobic effort; the second focuses on longer-term training interventions and their physiological and performance-related effects across athletic and clinical populations, including integrated training, plyometric training, and low-volume resistance exercise. Complementary contributions examine sport-specific nutritional strategies for breath-hold divers and methods for assessing lower-limb asymmetry in youth football players. Collectively, the articles highlight the multifactorial nature of human performance and adaptation to exercise and demonstrate the importance of integrating physiology, nutrition, biomechanics, and performance analysis. This Reprint provides relevant insights for researchers, practitioners, coaches, and students working in sport and exercise science.

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