

Tentative Outline

Special Thematic Issue for The Open Sports Sciences Journal

Title of the Thematic Issue: "Physical exercise in performance and youth health"

Guest Editors: Ana R. Alves, Henrique P. Neiva, Hadi Nobari, Ricardo Ferraz

- **Scope of the Thematic Issue:**

Physical inactivity is a current health problem, with the main part of the population far from ensuring the minimum standards required for a healthy lifestyle. Scientific research has been reporting that children and adolescents do not follow the recommendations for moderate to vigorous physical activity in physical education classes, nor assume motivation to practice physical activity. Accordingly, sport scientists, researchers and professors need to develop their evidence-based knowledge by answering youth requirements appropriately. Physical exercise routines should be established from the youngest ages and Physical Education discipline can be an important tool to disprove this epidemiological potential. The health-related exercise outcomes, dose response relationship and the physiological adaptations are collective thoughtfulness for researchers. The progress in research with innovative procedures, developing strategies, and fresh outcomes would support the effectiveness of the exercise training programs for improving health, performance, and youth motivation. In this special issue, we invite the researchers to share emerging research methods with a practical focus on providing optimal solutions, and developing knowledge on physiological adaptations, growth development, strength and conditioning components in response to exercise training programs.

Keywords: Fitness, physical activity, physiology, childhood; training programs; school; strength and conditioning

Sub-topics:

The sub-topics to be covered within the issue should be provided:

- Physical fitness in youth;
- Training programs in children and adolescents;
- Physical exercise in school context;
- Health-related exercise programs;
- Health improvement;
- Physiological analysis;
- Training and monitoring in youth;
- Strength and conditioning in youth;
- Training and detraining;
- Performance improvement

Schedule:

- Thematic issue submission deadline: **31st December 2023**

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