Sports training, recovery and nutrition in male athletes

 Deadline: 30 June 2022

Dear colleagues,

Male athletes strive to improve performance or fitness through regular sports training. Recovery after sports training has the effect of promoting physiological adaptation required for male athletes. Nutrition is also one of the most important conditioning factors for male athletes. For male athletes to achieve successful careers in sports, the sports training, recovery, and nutrition described above must be considered in an integrated manner and need to be well organized.

Nonetheless, it is frequently overlooked by some male athletes, who produce negative effects by using erroneous or unverified measures, as well as methods lacking in scientific evidence. Therefore, it is necessary to continue with research and discussion while providing useful information not only to male athletes but also to coaches, athletic trainers, and physical coaches who help them, while correcting mistakes.

This special issue will recruit various types of articles (original articles, review articles, etc.) that have investigated or reviewed the effects of sports training, recovery, and nutrition on male athletes. The active contribution of researchers would potentially contribute to the further advancement of sports science. I truly hope that articles on various topics will be submitted.

Dr. Jooyoung Kim and Dr. Athos Trecroci

Guest Editors