Neuromuscular Training and Adaptations in Youth Athletes
Extensive literature emphasizes the positive effects of neuromuscular training on muscular fitness and health in youth. However, findings from neuromuscular training studies in non-athletic youth were frequently translated to youth athletes which is not feasible because physiology and proficiency in motor performance differ between non-athletic and athletic populations. Therefore, more research is needed on the impact of neuromuscular training on muscular fitness, athletic performance, and health-related outcomes in youth athletes. Our knowledge with regards to the training-induced underlying physiological adaptive processes, following neuromuscular training is limited. Thus, the aims of this Frontiers Research Topic entitled “Neuromuscular Training and Adaptations in Youth Athletes” is to provide in-depth knowledge in the form of original work, review articles, and meta-analyses on the effects of neuromuscular training on muscular fitness, athletic performance, and health-related outcomes in youth athletes during long-term athlete development.

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