



frontiers
Research Topics

**Neuromuscular
Training and
Adaptations in
Youth Athletes**

Frontiers in Physiology



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.

For more information:
physiology@frontiersin.org
[fron.tiers.in/go/a5EM7N](https://frontiersin.org/go/a5EM7N)

TOPIC EDITORS

Urs Granacher, Christian Puta, Holger Horst Werner Gabriel
David George Behm, Adamantios Arampatzis