Scope of Journal

The Journal of Applied Physiology publishes original papers that deal with diverse areas of research in applied physiology, especially those papers emphasizing adaptive and integrative mechanisms. Adaptive physiology includes 1) inherent adaptations such as those related to development, aging, and pathophysiological conditions and 2) adaptations to the external environment such as those occurring with exercise, microgravity, hypoxia, hypo- and hyperbaria, and hypo- and hyperthermic conditions. Integrative physiology includes 1) horizontal integration across organ systems and 2) vertical integration from molecule to cell to organ. In all areas of applied physiology, the use of cutting-edge techniques including molecular and cellular biology is strongly encouraged.

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A Few HOT Articles

Explosive-strength training improves 5-km running time by improving running economy and muscle power
Leena Paavolainen, Keijo Häkkinen, Ismo Hämäläinen, Ari Nummela, Heikki Rusko
J. Appl. Physiol. May 01, 1999; 86: 1527-1533

Improved muscular efficiency displayed as Tour de France champion matures
Edward F. Coyle
J. Appl. Physiol. Jun 01, 2005; 98: 2191-2196

Effects of exercise and diet on chronic disease
Christian K. Roberts, R. James Barnard
J. Appl. Physiol. Jan 01, 2005; 98: 3-30

Effects of caffeine on blood pressure, heart rate, and forearm blood flow during dynamic leg exercise
Jason W. Daniels, Paul A. Molé, James D. Shaffrath, Charles L. Stebbins
J. Appl. Physiol. Jul 01, 1998; 85: 154-159

Ascent rate, age, maximal oxygen uptake, adiposity, and circulating venous bubbles after diving
D. Carturan, A. Boussuges, P. Vanuxem, A. Bar-Hen, H. Burnet, B. Gardette
J. Appl. Physiol. Oct 01, 2002; 93: 1349-1356

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