




The Interplay of Nutrition, Physiology, and Performance in Sports: A Comprehensive Review

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E d i t o r	R e v i e w e r s
Ali Abbasi  Associate Professor, Department of Biomechanics and Sports Pathology, Kharazmi University, Tehran, Iran abbasi@khu.ac.ir	Reviewer 1: Amir Letafatkar  Associate Professor, Educational Department of Biomechanics and Sports Pathology, Kharazmi University, Tehran, Iran. Email: amir.letafatkar@khu.ac.ir Reviewer 2: Masoud Mirmoezi  Department of Physical Education and Sport Sciences, Islamic Azad University, Central Tehran Branch, Tehran, Iran. Email: massoudmirmoezi@live.com

1. Round 1

1.1 Reviewer 1

Date: 01 June 2023

Reviewer: While the review article is comprehensive and informative, addressing the above points will significantly enhance its clarity, depth, and usefulness. A more detailed analysis and presentation of the interplay between nutrition and physiology in sports will make this a valuable resource for professionals in the field.

The article could benefit from a more detailed discussion of specific nutritional strategies tailored for various sports.

Incorporate more recent studies to ensure the review reflects the latest advancements in the field.

Some sources lack a critical evaluation, particularly in terms of methodology and findings.

The organization of themes within the article could be more clearly delineated for better reader comprehension.

Inclusion of more charts or tables summarizing key points would enhance understanding.

The article should discuss the limitations of the methodologies used in the reviewed studies.

Strengthen the connection between theoretical insights and practical applications in sports nutrition.

Response: Thank you for your comment. I have uploaded the revised document.

1.2 Reviewer 2

Date: 02 June 2023

Reviewer: This review article presents a thorough exploration of the relationship between nutrition, physiology, and sports performance. However, minor revisions focusing on depth, clarity, and balance will greatly enhance its contribution to the field, providing a more comprehensive guide for both researchers and practitioners in sports nutrition.

The physiological aspects of sports nutrition need more in-depth coverage.

Ensure a balanced distribution of content between nutrition and physiology topics.

Expand the discussion to include a wider range of sports and their specific nutritional demands.

More emphasis is needed on emerging trends and future research areas in sports nutrition.

Take it deeper into controversial or debated topics within sports nutrition.

Provide more detailed examples of practical applications of the reviewed concepts.

Complex scientific concepts need clearer explanations for a broader audience.

Address minor formatting inconsistencies for a more professional presentation.

Ensure consistency in the citation and referencing style throughout the document.

Response: Thank you for your comment. I have uploaded the revised document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.