Green Journals

International Approved Journals

Journal Information

Journal Title	International journal of sport nutrition and exercise metabolism
Publisher	
ISSN	1526-484X
E-ISSN	
Database	AERES
Domain	Health Sciences, Life Sciences, Social Sciences

Classification History

Year	A+	A	B	C
2026		✓	✓	
2025		✓	✓	
2024		✓	✓	
2023		✓	✓	
2021/2022		✓	✓	
2020		✓	✓	
2019		✓	✓	
2018		✓		

Classification: The table above shows all journal classifications recorded for each classification year in the Green Journals database. A journal may have more than one classification in the same year.

Recent Articles

Comparing the Effects of Water, Sodium-Potassium, and Potassium-Rich Solutions on Fluid Balance and Thermal Strain Following Exercise in the Heat: A Randomized Triple-Blind Crossover Study
2026-11-1 Vol. 36 Issue 6 Pages 622-630
Authors: Joseph A. Killick, Elliott J. Jenkins, Jemima Benson et al.
DOI: 10.1123/ijsnem.2026-0016

Seven Days of Highbush Blueberry Supplementation Improves Trail Running Performance in Experienced Runners Without Elevating Physiological or Perceptual Stress Markers
2026-11-1 Vol. 36 Issue 6 Pages 647-656
Authors: Luisa V. Giles, Jason P. Brandenburg
DOI: 10.1123/ijsnem.2026-0036

UCI Sports Nutrition Project: Position Statement on Nutrition for Cycling
2026-11-1 Vol. 36 Issue 6 Pages 700-726
Authors: Louise M. Burke, Eimear Dolan, Javier T. Gonzalez et al.
DOI: 10.1123/ijsnem.2026-0135

Nutrition for Elite Male Ice Hockey: Evidence-Based Recommendations
2026-11-1 Vol. 36 Issue 6 Pages 687-699
Authors: Anine Nordstrøm
DOI: 10.1123/ijsnem.2025-0260

Influence of Guideline-Based Carbohydrate Intake on Training Adaptations, Health, and Sleep in Female Rugby Athletes: An Exploratory Study
2026-11-1 Vol. 36 Issue 6 Pages 631-646
Authors: Rebekka Frazer, Christopher D. Askew, Amy-Lee Bowler et al.
DOI: 10.1123/ijsnem.2026-0112

Menstrual Cycle Phase Is Associated With Changes in Body Weight, Bioimpedance, and Carbohydrate Intake, but Not in Resting Metabolic Rate in Physically Active Females
2026-11-1 Vol. 36 Issue 6 Pages 678-686
Authors: Michaela Wagner, Adam Wagner, Ida Löfberg et al.
DOI: 10.1123/ijsnem.2026-0015

Fuel Doesn't Fix It: Oculomotor Control Declines During 3 Hr of Exercise Irrespective of Carbohydrate Availability
2026-11-1 Vol. 36 Issue 6 Pages 668-677
Authors: Charlotte J.W. Connell, Shelley Duncan, Joanna M. Black et al.
DOI: 10.1123/ijsnem.2025-0231

The Effect of a Repetitive Feeding Challenge With Carbohydrate Versus Fat on Markers of Gastrointestinal Integrity and Systemic Outcomes in Response to Endurance Exercise
2026-11-1 Vol. 36 Issue 6 Pages 601-611
Authors: Isabel G. Martinez, Jessica R. Biesiekierski, Christopher E. Rauch et al.
DOI: 10.1123/ijsnem.2026-0043

Optimizing Iron-Deficiency Screening for Female Athletes: Do We Need to Consider the Menstrual Cycle?
2026-11-1 Vol. 36 Issue 6 Pages 612-621
Authors: Alannah K.A. McKay, Rachel McCormick, Madison Pearson et al.
DOI: 10.1123/ijsnem.2025-0257

Comparison of 2 Days of Moderate or High Carbohydrate Intake on Physical and Cognitive Performance in Female Team Sport Players During a Simulated Soccer Match Protocol
2026-11-1 Vol. 36 Issue 6 Pages 657-667
Authors: Laura McManus, Michael Scriney, Brendan Egan
DOI: 10.1123/ijsnem.2026-0098