



CALL FOR PAPERS

ICHIIEP 2021
Feb 18-19, 2021
Jeddah, Saudi Arabia

The International Research Conference is a federated organization dedicated to bringing together a significant number of diverse scholarly events for presentation within the conference program. Events will run over a span of time during the conference depending on the number and length of the presentations.

ICHIIEP 2021 : International Conference on High-Intensity Intermittent Exercise and Performance is the premier interdisciplinary forum for the presentation of new advances and research results in the fields of High-Intensity Intermittent Exercise and Performance. The conference will bring together leading academic scientists, researchers and scholars in the domain of interest from around the world. Topics of interest for submission include, but are not limited to:

High-intensity intermittent exercise	
High-intensity intermittent exercise and fat loss	
Methodological and physiological aspects	
Cardiovascular and autonomic function	
Muscle metabolites and performance during high-intensity intermittent exercise	
Metabolic profile of high intensity intermittent exercises	
Cardiovascular exercise strategies	
Short periods of intense anaerobic exercise	
Recovery periods	
	Acute response and chronic adaptations
	Clinical implications
	Regimen comparison
	Health effects
	Cardiovascular fitness
	Cardiovascular disease
	Metabolic effects
	Benefits of HIIT
	Safety concerns with HIIT training