



CALL FOR PAPERS

ICHIIEP 2021
Feb 18-19, 2021
Rome, Italy

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:

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| 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 |