
Preface

The etiologies of human reproductive disorders are fairly well known; yet, there are still many instances in which infertility is classified as idiopathic. This simply means that the cause behind the problem is unknown. There is growing evidence that physical exercise and sports practice may affect reproduction which may be the unknown factor in certain infertility cases.

With this first-of-a-kind textbook, we aim to provide a comprehensive review of the interaction between exercise and human reproduction, how exercise can have a positive or negative impact on male and female fertility with specific emphasis on the mechanisms that may lead to such effects. This textbook, which consists of 20 different yet interrelated themed topics, is intended to provide the reader with a meaningful and comprehensive review of the biological processes related to sports practice and how they interact with the reproductive function. The content covers the fundamental principles of human reproductive potential, sports physiology, the interaction between physical exercise and the endocrine and reproductive systems, associated nutritional aspects and possible strategies to avoid the potential harm of exercise on human reproduction. Each chapter was written by internationally recognized scientists and clinicians, making the text ideal for those seeking to increase their general knowledge in the field.

We trust that this book will have a broad and global appeal and be used not only as a reference for basic scientists, in the fields of sports medicine and reproductive medicine; but may also act as a guideline for physicians, physiologists, coaches, and professionals in the sports-human reproduction fields. Moreover, we anticipate that it may be an invaluable tool for multidisciplinary research teams since it brings together knowledge from a multitude of fields desiring that future research gaps and flaws will be diminished.

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