Message from the Guest Editors

Both elite and recreational athletes attempt to optimize their performance, but such optimization is associated with increased risk of injury. Therefore, despite the well-known positive health effects of physical activity, the prevention and management of sports-related injuries remain major challenges to be addressed. Treating sports injuries is often difficult, expensive, and time-consuming, and, thus, preventive strategies and activities are justified on the basis of both medical as well as economic grounds. We are interested in manuscripts that examine sports performance- and health-related issues. Potential topics include, but are not limited to, the following:

- Benefits of sport to health
- Tradeoffs between sports performance and health
- Optimization of sports performance by training, technique and/or tactics enhancements
- Prevention and management of sport injuries
- Optimization of sports equipment to increase performance and/or decrease the risk of injury
- Innovations for sports performance, health, and load monitoring