

Special Issue

Physiological Monitoring and Performance Evaluation in Exercise and Sport

Message from the Guest Editors

Physical training and sports activities induce physiological, physical, technical, tactical, and psychological changes, leading to enhancements in performance within the practiced sport or exercise. The adaptations resulting from training processes are applicable across various sports and exercise contexts, including competitive environments, recreational settings, rehabilitation programs, and health-enhancement or -maintenance initiatives. Thus, analyzing physical and sports performance makes it possible to delineate interventions conducive to improving targeted physiological, physical, technical, tactical, and psychological aspects. With this in mind, the objective of this Special Issue is to disseminate knowledge regarding the variables that influence physiological factors or the performance of sports and physical exercise practices, in addition to monitoring them; therefore, the aim is to propagate the understanding of these parameters across professional and amateur sports, from youths to seniors, for physically active individuals, and in motor rehabilitation as well as health enhancement or maintenance.

Guest Editors

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Deadline for manuscript submissions

closed (20 January 2026)



Applied Sciences

an Open Access Journal
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Impact Factor 2.5
CiteScore 5.5



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Message from the Editor-in-Chief

As the world of science becomes ever more specialized, researchers may lose themselves in the deep forest of the ever increasing number of subfields being created. This open access journal *Applied Sciences* has been started to link these subfields, so researchers can cut through the forest and see the surrounding, or quite distant fields and subfields to help develop his/her own research even further with the aid of this multi-dimensional network.

Editor-in-Chief

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