Special Issue

Modern Approaches to Sport Physiology: From Monitoring to Decision-Making

Message from the Guest Editors

In recent years, we have witnessed remarkable progress in sport physiology, driven by technological innovations and advanced analytical methods. Modern approaches now allow practitioners and researchers to move beyond traditional performance assessments toward a more integrated understanding of athlete health, adaptation, and performance optimization. Wearable technologies, GPS tracking, physiological monitoring, and machine learning techniques now provide unprecedented opportunities to collect, analyze, and interpret large volumes of data. This Special Issue, 'Modern Approaches to Sport Physiology: From Monitoring to Decision-Making', aims to bring together cutting-edge research exploring how novel tools and methods can enhance athlete monitoring, improve training prescription, and support evidence-based decision-making in sport. We particularly welcome contributions that combine physiological insights with advanced data analysis, longitudinal monitoring, and interdisciplinary perspectives, ultimately bridging the gap between science and applied practice.

Guest Editors

Dr. Mauro Mandorino

Dr. Mathieu Lacome

Dr. Ronan Kavanagh

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Applied Sciences
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
applsci@mdpi.com

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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

Prof. Dr. Giulio Nicola Cerullo
Dipartimento di Fisica, Politecnico di Milano, Piazza L. da Vinci 32, 20133 Milano, Italy

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