

Special Issue

Physiology and Biomechanical Monitoring in Sport

Message from the Guest Editors

This Special Issue, titled "Physiology and Biomechanical Monitoring in Sport", aims to explore new research and technological advancements in the fields of exercise physiology, training load monitoring, biomechanics, the acute and chronic effects of specific training methods on performance, muscle architecture, biochemical markers, hormone secretion, microbiome composition, body composition, post-exercise recovery, sleep quality and duration, and sport-related cognitive function in different populations of athletes at different levels of performance. Understanding these multidimensional responses is essential to optimize training, improve performance, and support the overall health of athletes. Moreover, this Special Issue will focus on innovative monitoring systems, such as wearable devices, to optimize training monitoring strategies and methodologies. Biomechanical analyses and the development of personalized training protocols based on physiological and biomechanical data are also included.

Guest Editors

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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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