

Special Issue

New Trends in Sports Science, Medicine and Health Psychology

Message from the Guest Editors

The recent pandemic has led to changes in social-professional interactions and lifestyles. Habits have changed, some temporarily and others definitively, which has encouraged investigation of the new trends adopted in people's health and well-being. This is, for example, the case for the increased use of digital tools applied to multiple contexts, including the field of health. The aim of this Special Issue is to provide scientific evidence on patterns or changes in the different areas of health (preferably sports science, medicine and Psychology), without ruling out healthy measures or trends adopted in educational centers or forensic contexts.

Guest Editors

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Deadline for manuscript submissions

closed (20 September 2023)



Applied Sciences

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 5.5



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About the Journal

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.

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