

Special Issue

Biomechanics and Performance Assessment in Paralympic Sports and Adapted Physical Activity

Message from the Guest Editors

Since 1940, when Sir Ludwig Guttmann promoted physical activity in the social reintegration of paraplegic war-wounded people, the Paralympic movement has significantly developed. Adapted physical activity is increasingly considered the best gateway to getting well, and today, thanks to the methodologies used for functional classification, it is possible to ensure healthy and fair competition in Paralympic disciplines.

This growth makes it necessary to develop research activities in the field of biomechanics and support movement with new and more specific classification and training methodologies useful for improving the performance of individual athletes with disabilities and, overall, their well-being.

This Special Issue aims to cover recent advances in studies on applying new measurement systems or scientific approaches dedicated to assessing human movement, exercise, and performance in Paralympic sports and adapted physical activities.

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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.

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