

Special Issue

Advances in Sports, Exercise and Health, Second Edition

Message from the Guest Editors

Interest in sports science, exercise, and health is continuously growing, now encompassing a broad spectrum of scientific disciplines. In particular, sports performance analysis has gained enormous visibility in the past decade, with significant implications not only in the sporting realm but also in broader areas of general exercise science and public health. The advent of new technologies, sports analytics, and wearable devices has further enhanced this field, providing new evidence that benefits not only athletes but also a much wider population. Potential topics of interest include but are not limited to the following:

- Reliability and validity in data measurement in performance analysis, extendable to the field of health.
- The use of sports performance indicators in health prevention.
- The optimisation of sports equipment to improve performance, with applications in both the sporting and health prevention realms.
- The integration of related areas, such as nutrition, to enhance benefits for a broader audience.

Best regards,

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.

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