

## Special Issue

# Advances in Sport, Physical Activity, and Health

### Message from the Guest Editor

Objective monitoring of physical activity, whether in recreational or competitive sports, has quickly become an independent research direction. Counting activity means time spent in specific intensity zones (i.e. light, medium, and vigorous) in both children and adults. Heart rate patterns can be assigned to these physical activity zones, which allows for conscious planning. Of course, the expression of optimal performance is highly specific, so its interpretation does not always mean the same solution algorithm. As for the workload of competitive sports—that is, those who push their limits—they are always exposed to danger, whatever it may be (injury, overtraining, etc.), which fundamentally affects their career, and further their health as they age. The importance of conscious planning is also important during recreational activities, since the continuous provocation of the body can carry dangers. Another area of advanced instrumentation is the measurement of biomechanical efficiency, which is essential for optimizing human movement to maintain quality of life. Efficient movement promotes participation in a physically active lifestyle and the associated health benefits.

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### Guest Editor

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### Deadline for manuscript submissions

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## Applied Sciences

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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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### Editor-in-Chief

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