

Special Issue

Advances and Strategies in Sports Science and Injury Prevention: Innovations and Future Directions

Message from the Guest Editors

The field of sports science is rapidly evolving, with significant advances in the understanding of human performance and the development of effective injury prevention strategies. This Special Issue aims to bring together innovative research from theoretical frameworks to practical applications, fostering a comprehensive understanding of how various interventions, training methodologies, and emerging technologies enhance athletic performance and minimize injury risks. Potential themes for this Special Issue encompass the following:

- Advances in injury prevention techniques and rehabilitation protocols;
- Strategies for optimizing athlete performance and recovery;
- Use of wearable devices, AI, and data analytics for injury prediction and monitoring;
- The role of exercise interventions in enhancing resilience and reducing injury risk;
- Multidisciplinary approaches integrating medical, technical, and coaching perspectives for injury management.

This Special Issue aims to publish high-quality, original contributions that advance the science of sports performance and injury prevention, offering valuable insights and practical solutions that can be translated into the field.

Guest Editors

Prof. Dr. Paulo Adriano Schwingel

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Prof. Dr. Richard Diego Leite

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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.

Editor-in-Chief

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