

Special Issue

Human Performance in Sports and Training

Message from the Guest Editor

Sports have become a social phenomenon, with an exponentially growing number of participants and monetary resources in the last decade. Consequently, analyses of the training and factors affecting performance have become crucial. In this Special Issue, we wish to analyse some of the relevant aspects that can affect or improve sports performance, such as gender differences, psychological and physiological demands, data analysis, nutritional and ergogenic supplementation, and, more specifically, aspects related to training programmes, models, and structures.

Guest Editor

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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.

Editor-in-Chief

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