

Special Issue

Biomechanics and Technology in Sports

Message from the Guest Editors

The demands of modern sport are constantly evolving; thus, a deeper understanding of how athletes move, adapt, and perform is required. Biomechanics offers a scientific foundation for analyzing human movement, while technological innovations are redefining how we measure, assess, and consequently improve performance in both elite and recreational settings. This Special Issue welcomes the submission of original research articles and high-quality reviews that explore how biomechanical principles and innovative technologies contribute to understanding, enhancing, and monitoring sports performance. All submissions will undergo a peer-review process to ensure their high scientific quality and relevance.

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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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