Special Issue

Cognition and Motion: Sensory Processing and Motor Skill Performance in Athletic Training and Rehabilitation

Message from the Guest Editor

Training and rehabilitation programs for the improvement of sensory processing and motor skill performance represent an integral part of research in kinesiology, health, and sport sciences. However, most studies have investigated the effect of exercise on the motor components of the performance, whereas less attention has been paid to the sensory components. Although designed to improve sensory functions, training programs usually consist of exercises which also involve motor tasks. Consequently, an enhancement in performance is often ascribed to an improvement in sensory function; however, it can equally be ascribed to an improvement in motor function. Therefore, the relative contribution of each of these components to an improvement in physical performance has to be investigated. Within this topic, contributions in the form of review articles and original research articles which investigate the effectiveness of open and closed skill exercises in populations of different age groups and levels of physical fitness are welcomed.

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.

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