

Special Issue

Recent Research on Biomechanics and Sports

Message from the Guest Editor

This Special Issue, titled "Recent Research on Biomechanics and Sports", provides a comprehensive review of the latest advancements in biomechanics and sports for high-performance athletes. Recent studies emphasize the importance of a balanced approach, combining strength, power, and endurance training across various sports and how these factors contribute to overall performance enhancement and injury prevention. Additionally, new perspectives on the influence of factors such as nutrition and recovery on training efficacy can be explored. Personalized training strategies, taking into account individual variability in training response, will also be examined. Emerging technologies, such as wearables and data analytics, will be discussed as tools to maximize training outcomes. Collectively, this Special Issue offers a holistic view of current and emerging methods in biomechanics and sports, paving the way for future research and optimized practices for elite athletes and coaches.

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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