

Special Issue

Advances in Sports Science: Physical Performance Diagnostics and Enhancement

Message from the Guest Editors

The field of sports science is continually advancing. The application of extant knowledge, technological innovations, and methodologies for assessing and monitoring physical fitness empowers scientists, coaches, and athletes to effectively manage the training process. This encompasses developments in motor abilities, movement skills, injury prevention, and rehabilitation. In this Special Issue, specialists are invited to contribute their research on the assessment of physical fitness, the monitoring of training processes aimed at the advancement of motor abilities, the diagnostics and analysis of movement patterns, injury prevention, and the enhancement of physical performance through both immediate protocols and long-term training interventions.

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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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