Special Issue

Assessment, Control and Monitoring of Physical Activity and Sports Training

Message from the Guest Editors

Physical activity and sports training require constant evaluation in order to control their effectiveness. The development of athletes, the level of their movement skills, motor abilities, and performance are assessed in the training process. In the case of people who engage in various forms of physical activity for recreation, it is increasingly common to monitor the intensity and volume of physical exertion in relation to health-related recommendations. This is due to the development of modern measuring equipment, which has been miniaturized in recent years and has become generally available for trainers and athletes. Pedometers, heart rate monitors, accelerometers, cadence meters, and multisensor monitors of physical activity have become very popular. This dynamic development of measuring devices prompts undertaking scientific research using these newly developed tools and assessing their accuracy and reliability. This Special Issue will be devoted primarily to new perspectives in the field of assessment, control, and monitoring of various forms of physical activity based on modern and traditional measurement methods.

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Deadline for manuscript submissions

closed (20 November 2023)

Applied Sciences

an Open Access Journal by MDPI

Impact Factor 2.5
CiteScore 5.5

mdpi.com/si/143903

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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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