

Special Issue

Sports Medicine, Exercise, and Health: Latest Advances and Prospects: 2nd Edition

Message from the Guest Editors

Regular exercise and physical conditioning are effective behavioral strategies to prevent musculoskeletal degeneration and chronic diseases and promote individuals' overall health.

In this Special Issue, we aim to explore safe and effective exercise interventions to improve the function of human systems, including the musculoskeletal and cardiovascular systems, to ameliorate-related diseases, and to rehabilitate functional impairments.

Experimental studies, reviews and meta-analyses that examine the effectiveness of various exercise interventions in the prevention and management of disease, rehabilitation and improvement of human function; research studies on the development of strategies to promote physical activity using mobile platforms and virtual reality technology; and innovative measurement technologies and biomarker exploration studies related to sports medicine and rehabilitation are welcome in this Special Issue. When preparing to submit a structured review, please follow the PRISMA guidelines.

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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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