

Special Issue

Performance Analysis and Training Process in Sports: Bridging Science and Practice

Message from the Guest Editors

One of the most important areas within Sports Science in the last few years has been the optimization of sport performance. In addition, the type of training that athletes follow during different training periods throughout a year-round training plan, as well as the development of training with new equipment, practical methods with new training practices and the control of training by new technologies may help coaches and athletes to further optimize their performance. This Special Issue aims to compile the latest training strategies or practices, the development of training with new equipment and technological applications in this area and to open a forum where people from academia and the sports industry can propose new training strategies for the following potential topics:

- Acute and chronic effects of training on health and sports performance;
- Methodological considerations in the training process for individual and team sports;
- Innovative equipment for measuring and analyzing performance in individual and team sports;
- Monitoring training load in athletes and para-athletes;
- Assessing sleep and wellness in athletes and para-athletes.

Guest Editors

Dr. Gavriil George Arsoniadis

School of Physical Education and Sports Science, National and Kapodistrian University of Athens, 17237 Athens, Greece

Dr. Rodrigo Zacca

1. Research Center in Physical Activity, Health and Leisure (CIAFEL), Faculty of Sports, University of Porto (FADEUP), 4099-002 Porto, Portugal

2. Laboratory for Integrative and Translational Research in Population Health (ITR), 4050-600 Porto, Portugal

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Applied Sciences
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
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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.

Editor-in-Chief

Prof. Dr. Giulio Nicola Cerullo
Dipartimento di Fisica, Politecnico di Milano, Piazza L. da Vinci 32,
20133 Milano, Italy

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