

## Special Issue

# New Trends in Training, Performance, Coaching and Health in Sports Science

### Message from the Guest Editors

In contemporary sports science, there exists a discernible paradigm shift characterized by emerging trends that significantly influence the domains of training, performance, coaching, and health. Notably, a predominant trend involves the amalgamation of data analytics and technological advancements. This integration enables optimizing training protocols and performance outcomes.

Furthermore, there is a notable trend towards the individualization of training regimes, whereby customized programs are tailored to accommodate the unique physiological and psychological profiles of athletes. This personalized approach encompasses bespoke nutrition plans, recovery strategies, and workload management techniques, which collectively aim to augment performance while mitigating the risk of injuries.

Moreover, interdisciplinary collaboration among sports scientists, nutritionists, physiotherapists, and coaches is expanding, fostering comprehensive approaches to optimizing athletic performance and nurturing long-term well-being. These evolving trends underscore a commitment to advancing the scientific frontier of sports performance while championing holistic athlete development and health.

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## Applied Sciences

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### Editor-in-Chief

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