

Special Issue

Applied Physiology and High-Performance Sport: Challenges, Solutions, and Future Directions

Message from the Guest Editors

The physiology of sport and exercise study how the body responds and adapts to exercise. In last 20 years, our knowledge of high-performance sports physiology has improved considerably; however, practitioners still face challenges translating fundamental scientific concepts to applied practice, and vice versa, whereby applied practice influences basic research. Nevertheless, physiologists have solved specific challenges by creating novel frameworks, scientific methods, and innovative practices to enhance performance. This Special Issue aims to consolidate the knowledge, understanding, and experiences of applied physiologists working with high-performance athletes to form a platform for the next 20 years of applied physiological research and scientific support. Therefore, the objectives of this Special Issue are to publish original research manuscripts and reviews that highlight challenges faced by applied physiologists in high-performance sport, propose solutions to specific physiological challenges in high-performance sport, and consider future directions to enhance the scientific support process from a physiological perspective.

Guest Editors

Dr. Alan Ruddock

Dr. Matthew Driller

Dr. David Rogerson

Dr. Lachlan James

Deadline for manuscript submissions

closed (20 April 2022)



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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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