

# Special Issue

## Sports Performance and Health (in Times of COVID-19)

### Message from the Guest Editors

Both elite and recreational athletes, attempt to optimize their performance, but such optimization is associated with increased risk of injury and, in the current situation, with major coronavirus disease 2019 (COVID-19)-related challenges. We are interested in manuscripts that examine sports performance- and health-related issues, also in the context of the current restrictions due to COVID-19. Potential topics of interest include, but are not limited to, the following:

- Benefits of sport to physical or mental health
- Tradeoffs between sports performance and health
- Optimization of sports performance by training, technique, and/or tactics enhancement
- Impacts of COVID-19-related restrictions on sports performance and health
- Prevention and management of sport injuries
- Prevention and management of COVID-19 infections in sports
- Optimization of sports equipment to increase performance and/or decrease the risk of injury and COVID-19
- Innovations for sports performance, health, load monitoring, and digital coaching (in times of COVID-19)



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Deadline for manuscript submissions



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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.

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