

Special Issue

Advances in Sports Science and Novel Technologies

Message from the Guest Editors

This Special Issue delves deeply into the nexus of advanced science and technology in sports, with a spotlight on innovations enhancing athletic performance, health, and the evolving approaches to body composition, nutrition, and mental well-being. A significant section of this Special Issue addresses emerging insights and methodologies in sports nutrition and body composition analysis. Nutrition science has progressed beyond standardized diets to encompass personalized nutrition plans informed by genetic testing, metabolic tracking, and real-time biomarker analysis. New methodologies in bioelectrical impedance analysis, dual-energy X-ray absorptiometry (DEXA), and MRI provide accurate, non-invasive ways to monitor changes in body composition over time. Beyond physical health, this Special Issue emphasizes the critical role of psychological resilience and mental well-being in athletic success. Collectively, this Special Issue encapsulates the latest in sports science, nutrition, body composition technology, and mental training.

Guest Editors

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Deadline for manuscript submissions

30 July 2026



Applied Sciences

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 5.5



mdpi.com/si/222709

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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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