

Special Issue

Innovative Technologies for and Approaches to Sports Performance

Message from the Guest Editors

New perspectives that lead to performance improvements represent an important issue for sport scientists and coaches. Performance enhancement depends not only on training content and load prescription but also on innovative technological and practical methods or approaches that can be applied during training or for the assessment of relevant parameters. This poses new challenges in the development of science-based techniques to inform sport scientists. We invite submissions of contemporary research related to all aspects of sport and exercise performance development to this Special Issue. Possible topic areas broadly include recent approaches to innovative technology in terms of methods of exercise and sports training application, innovative and applied methods to assess exercise performance, and performance monitoring. Both experimental studies and review papers are welcome. We look forward to receiving your submissions.

Guest Editors

Dr. Argyris Toubekis

Dr. Gavriil George Arsoniadis

Dr. Ioannis S. Nikitakis

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

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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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