Special Issue

Advances in Sport Science: Athlete Development and Performance

Message from the Guest Editor

Applied research aimed at an improved understanding of the training process and/or underlying aspects of sport performance can be invaluable to coaches and sport scientists. Competitive athletes can respond differently than untrained or recreationally trained individuals to the same training stimuli. Additionally, the physiological makeup of more advanced athletes has been shown to favor certain "profiles" (e.g., anthropometrics, muscle fiber type) depending on the sport. This general area of research is often challenging for many reasons, e.g., small sample sizes, lack of a true control group, and studies being conducting well past the initial adaptation period. This Special Issue welcomes research on trained athletes of various sports and developmental stages, including cross-sectional research (e.g., relationships), longitudinal studies (e.g., training studies), and review articles.

Guest Editor

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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.

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