

Special Issue

Human Performance and Health in Sports

Message from the Guest Editors

This Special Issue delves into the intricate landscape of human performance, nutrition, and health within the realm of sports. Comprehensive coverage spans from the implementation of cutting-edge technologies for performance monitoring to the application of targeted training interventions aimed at optimizing athletic performance. Encompassing the latest breakthroughs in sports science, this Issue elucidates advancements in athlete performance enhancement, innovative nutritional strategies, and the integration of novel training methodologies. By exploring these facets, it aims to present a holistic perspective on fostering superior athletic achievements while prioritizing athlete well-being.

Guest Editors

Prof. Dr. Javier Sanchez-Sanchez

Prof. Dr. Juan Antonio Sánchez Sáez

Prof. Dr. Alejandro Martínez-Rodríguez

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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

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