

Special Issue

Advances in Assessment of Physical Performance, 2nd Edition

Message from the Guest Editor

Physical performance is an essential part of everyday functioning, ranging from activities of daily living to more complex actions that require a combination of skills. The assessment of physical performance is beneficial for both patients following rehabilitation programs and healthy subjects, and is necessary in sports for reaching the most competitive condition in a safe and efficient way. Today, assessment tools include technological devices that are continually expanding, with modern equipment and software offering valuable objective data for both rehabilitation (in the case of patient assessment) and sports teams. The assessment of physical performance is significant because it offers the possibility to adapt rehabilitation programs or to tailor training activities to athletes' specific needs.

Guest Editor

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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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