Special Issue

Biomechanics in Sport Performance and Injury Preventing

Message from the Guest Editors

Recently, there has been a dynamic development of measurement systems aimed at recording kinetic and kinematic parameters. Similarly, there has been significant progress in the design of stands for measuring the forces of individual muscle groups. The bioelectric activity of muscles is often assessed during various physical exercises. However, it remains a serious challenge to assess overload as an effect of overlapping training volume and intensity. Sports practice is interested in developing formulas and standards for indicators signaling the risk of injury to the musculoskeletal system. Work is constantly being performed to improve training methodology, to prevent damage to ligaments, muscles and tendons. To date, there has been little information about the principles of the prevention of injuries in sport in the available literature. The problems outlined above will be discussed in this Special Issue. Special Issue Link: https://www.mdpi.com/journal/applsci/special_issues/biomechanics_sport_injury_prevent

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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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