

## Special Issue

# Biomechanics in Sport, Exercise and Performance

### Message from the Guest Editors

This Special Issue seeks submissions that explore the roles that biomechanics plays in sport, exercise and performance, with a particular focus on youth sports. Efficient and effective biomechanics can help improve performance and ability in younger-aged athletes while enhancing skills via rigorous biomechanical and performance analysis techniques. Understanding the biomechanics of youth sports is important because it can provide insights into how to improve their technique and training methods and develop new training methods that can help them perform at their best. In addition to helping young athletes improve their performance, biomechanics can also play a critical role in reducing the risk of injury. By understanding the biomechanical factors that contribute to both sports injuries and performance, such as overuse or poor technique, coaches and trainers can develop injury prevention and performance enhancement strategies that are tailored to the specific age and maturation status of the athlete.

### Guest Editors

Dr. Stuart Evans

Dr. Kevin M. Carroll

Dr. Ryan Worn

### Deadline for manuscript submissions

31 August 2025



## Biomechanics

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## About the Journal

### Message from the Editor-in-Chief

*Biomechanics* (ISSN 2673-7078) is an international, peer-reviewed, and open access journal devoted to the fast publication of the latest achievements of scientific research in the area of biomechanics. Both experimental and theoretical papers are published. We hope that the submission guidelines and submission template will assist you in your submission of your research to this journal, and that you will enjoy reading the articles in *Biomechanics*.

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### Editor-in-Chief

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