

## Special Issue

# Measuring Biomechanical Loads in Sports and Physical Activity

### Message from the Guest Editor

As physical well-being has become an important issue after the outbreak of COVID-19, sports and physical activity are being greatly promoted to the general population. Proper exercise intensity and injury prevention are of concern for enhancing the amount of sports and physical activity people partake in. Biomechanical loads are important qualitative measurements on exercise loading and the stress on our body. For example, exercise intensity and frequency are highly correlated to bone stress fractures. Accordingly, this Special Issue seeks empirical and practical studies that consider the methodology and application of measuring “Biomechanical Loads in Sports and Physical Activity”, on topics including, but not limited to:

- Methodology on measuring body and joint loads;
- Application of sensors for real-time biomechanical measurement;
- Data interpretation on biomechanical feedback;
- Monitoring on daily physical activity;
- Other.

### Guest Editor

Dr. Kamming Mok

1. Office of Student Affairs, Lingnan University, Tuen Mun, Hong Kong
2. School of Interdisciplinary Studies, Lingnan University, Tuen Mun, Hong Kong

### Deadline for manuscript submissions

closed (10 January 2024)



## Healthcare

an Open Access Journal  
by MDPI

Impact Factor 2.7  
CiteScore 4.7  
Indexed in PubMed



[mdpi.com/si/140112](https://mdpi.com/si/140112)

*Healthcare*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[healthcare@mdpi.com](mailto:healthcare@mdpi.com)

[mdpi.com/journal/  
healthcare](https://mdpi.com/journal/healthcare)





# Healthcare

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.7  
CiteScore 4.7  
Indexed in PubMed



[mdpi.com/journal/  
healthcare](https://mdpi.com/journal/healthcare)



## About the Journal

### Message from the Editor-in-Chief

*Healthcare* is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with Healthcare and its members receive discounts on article processing charges.

---

### Editor-in-Chief

Prof. Dr. Lorraine S. Evangelista

Sue & Bill Gross School of Nursing, University of California, Irvine, CA  
92697, USA

---

### Author Benefits

#### High Visibility:

indexed within Scopus, SCIE and SSCI (Web of Science), PubMed, PMC, and other databases.

#### Journal Rank:

JCR - Q2 (Health Policy and Services) / CiteScore - Q1  
(Leadership and Management)

#### Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 21.5 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the first half of 2025).