

Special Issue

Improving Athletes' Performance and Avoiding Health Issues

Message from the Guest Editors

In several elite sports, training and match loads have been assessed over the years. However, only the clubs with the most resources and money are able to apply more valid and reliable tools. For instance, at the regional level, clubs and their coaches do not have sufficient resources to allow them to precisely monitor the training/match load. The aim of this Special Issue is to provide information on load monitoring, especially in less resourceful sports, but not only, and to show how several load monitoring tools can be used to avoid healthcare issues. The present Special Issue will accept original research and systematic reviews from all sports. We hypothesize that this Special Issue will generate relevant information for several sports to increase performance levels and to avoid healthcare issues.

Guest Editors

Dr. João Brito

1. Sports Science School of Rio Maior, Polytechnic Institute of Santarém, 2040-413 Rio Maior, Portugal
2. Life Quality Research Center, 2040-413 Rio Maior, Portugal
3. Research Centre in Sport Sciences, Health Sciences and Human Development, 5001-801 Vila Real, Portugal

Dr. Rafael Oliveira

1. Sports Science School of Rio Maior, Polytechnic Institute of Santarém, 2040-413 Rio Maior, Portugal
2. Life Quality Research Center, 2040-413 Rio Maior, Portugal
3. Research Centre in Sport Sciences, Health Sciences and Human Development, 5001-801 Vila Real, Portugal

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Healthcare
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
healthcare@mdpi.com

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Healthcare is an international, peerreviewed, open access, multidisciplinary journal. Original research articles, short communications, review articles, and symposium highlights are welcomed.

Healthcare hopes to influence global health and disease aspects, and hopes to gain high visibility and acceptance by the scientific and healthcare community and will dedicate itself to covering special and specific topics in special issues.

We would be pleased to welcome you as one of our authors.

Editor-in-Chief

Prof. Dr. Lorraine S. Evangelista

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

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