

## 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

### Deadline for manuscript submissions

closed (28 February 2023)



## Healthcare

an Open Access Journal  
by MDPI

Impact Factor 3.4  
CiteScore 5.5  
Indexed in PubMed



[mdpi.com/si/98699](https://mdpi.com/si/98699)

*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 3.4  
CiteScore 5.5  
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, 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

---

### Author Benefits

#### High Visibility:

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

#### Journal Rank:

JCR - Q1 (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 2.9 days (median values for papers published in this journal in the first half of 2026).