



Monitoring and Evaluation of Training in Sport and Exercise

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Deadline for manuscript
submissions:

closed (31 December 2021)

Message from the Guest Editors

Monitoring and evaluation of training, which is often understood as the simplistic designation of training control, is considered to be a fundamental aspect in the planning of any sport and has represented for some years a primary task of the training process. The major purpose of these monitoring processes is the increase in training efficiency, which leads to performance improvement in sports and exercise. Following these evaluation and control procedures would allow us to better understand the body and the requirements of the sport in order to increase motivational levels by creating a feeling that other agents are committed to contributing to their evolution, to quantify participation in the training process, and to understand the rationale for the process. Papers addressing these topics are invited for this Special Issue, especially those combining a high academic standard coupled with a practical focus on providing optimal solutions for this theme.





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Message from the Editor-in-Chief

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