

Special Issue

Assessment of Physical Fitness and Training Effect in Individual Sports

Message from the Guest Editors

Physical fitness is the basis for the success of players in sports, and its monitoring makes it possible to assess the effectiveness of training and identify possible errors in training. During training, thanks to use the control results are modified this activities (material structure), which allows for better preparation of players for competition. This Special Issue "Assessment of Physical Fitness and the Effect of Training in Individual Sports" aims to present the results of coaching control and the results of monitoring progression in training, as well as the assessment of the physical fitness of athletes practicing individual sports. We particularly welcome papers presenting innovative issues in the area of the development of physical fitness and the evaluation of training results in individual sports disciplines.

Guest Editors

Prof. Dr. Tadeusz Ambrozy

Prof. Dr. Mariusz Ozimek

Prof. Dr. Andrzej Ostrowski

Prof. Dr. Henryk Duda

Prof. Dr. Michał Spieszny

Deadline for manuscript submissions

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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

IJERPH provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality peer-reviewed journal.

Editor-in-Chief

Prof. Dr. Paul R. Ward

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