

## Special Issue

# Monitoring and Evaluation of Training in Sport and Exercise

### 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.

---

### Guest Editors

Dr. Antonio Sousa

Dr. Ricardo Manuel Pires Ferraz

Prof. Dr. Daniel Marinho

Prof. Dr. Mário António Cardoso Marques

Dr. Henrique Pereira Neiva

---

### Deadline for manuscript submissions

closed (31 December 2021)



## International Journal of Environmental Research and Public Health

---

an Open Access Journal  
by MDPI

---

CiteScore 8.5  
Indexed in PubMed



[mdpi.com/si/45743](https://mdpi.com/si/45743)

*International Journal of  
Environmental Research and  
Public Health*

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

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





# International Journal of Environmental Research and Public Health

---

an Open Access Journal  
by MDPI

---

CiteScore 8.5  
Indexed in PubMed



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



## About the Journal

### 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 B. Tchounwou

RCMI Center for Urban Health Disparities Research and Innovation,  
Richard N. Dixon Research Center, Morgan State University, Baltimore,  
MD 21251, USA

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPlus / SciFinder, and other databases.

#### Journal Rank:

CiteScore - Q1 (Public Health, Environmental and Occupational Health)