

Special Issue

Training Load and Performance Monitoring, Recovery, Wellbeing, Illness and Injury Prevention

Message from the Guest Editors

Growing body of literature demonstrates the importance of establishing a well-implemented player monitoring cycle in order to optimize the training process and improve performance. Such tools enable coaches and sports scientists to track the development of players and athletes across the season; help minimize injuries and risk factors. Moreover, it is also important to determine how the physical status of a player may interfere with recovery and management of load. It is important to enact additional epidemiological studies to identify the determinants of injuries and illness in athletes. Such studies would both increase performance opportunities and reduce the possibility of decreased performance, or long hiatuses in performance due to injuries. As many athletes and players are amateurs or play recreationally without oversight by sport science departments or coaches, it is necessary to monitor their training in order to minimize the risk factors leading to injuries and illness.

Guest Editors

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Deadline for manuscript submissions

closed (31 August 2021)



International Journal of Environmental Research and Public Health

an Open Access Journal
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CiteScore 8.5
Indexed in PubMed



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Environmental Research and
Public Health*
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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

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