

## Special Issue

# Use of Mechanical Variables to Prescribe Training and Evaluate Physical Fitness

### Message from the Guest Editors

Mechanical variables are known to provide useful information to optimise training prescription and to refine the testing procedures intended to assess physical fitness. Due to advances in technology, researchers, coaches and health practitioners have now at their disposal affordable methods that allow the monitoring of important mechanical variables for guiding their training and testing procedures. For example, new training methods are being developed due to the possibility of assessing velocity during resistance training exercises or power output during continuous activities, such as running and cycling. Monitoring mechanical variables may be valuable to improve physical fitness and health in different populations from athletes to the elderly. The analysis of mechanical performance in acute studies may also help to better understand long-term adaptations in physical fitness. The aim of this Special Issue is to provide new insights into how different mechanical variables (velocity, acceleration, etc.) can be used to optimise the training prescription and evaluate physical fitness.

### Guest Editors

Dr. Amador García Ramos

Department of Physical Education and Sport, Faculty of Sport Sciences, University of Granada, 18071 Granada, Spain

Dr. Jonathon Weakley

School of Behavioural and Health Sciences, Australian Catholic University, North Sydney, NSW, Australia

### Deadline for manuscript submissions

closed (30 April 2021)



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

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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.

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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

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