

Special Issue

Innovations in Fitness Assessment and Monitoring in Sport

Message from the Guest Editor

Fitness assessment and monitoring are essential tools for understanding athletes' physical capabilities, guiding training decisions, and preventing injury. We invite researchers to contribute original studies, systematic reviews, and applied perspectives that explore the development, validation, and practical use of innovative assessment techniques. Of particular interest are contributions that integrate new technologies, data analytics, and wearable devices to capture meaningful indicators of sport performance and health. Topics of interest include, but are not limited to, the following: Novel methods for assessing physical fitness and sport-specific performance;

Advances in wearable technologies and monitoring devices;

Data-driven approaches to tracking training load, recovery, and readiness;

Field-based testing protocols that enhance ecological validity;

Applications of fitness assessment in youth, elite, tactical, and clinical sport populations.

Through this Special Issue, we aim to promote innovations that support evidence-based practice and optimize athlete performance and well-being.

Guest Editor

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Message from the Editor-in-Chief

Editor-in-Chief

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Journal Rank:

JCR - Q2 (Sport Sciences) / CiteScore - Q2 (Physical
Therapy, Sports Therapy and Rehabilitation)

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manuscripts are peer-reviewed and a first decision is
provided to authors approximately 26.9 days after
submission; acceptance to publication is undertaken in 1.9
days (median values for papers published in this journal in
the first half of 2025).