

Special Issue

Cutting-Edge Technology in Exercise Science: From Performance to Health Applications

Message from the Guest Editor

This Special Issue aims to explore the latest advancements in emerging technologies applied to training, performance, and health. With the rapid evolution of digital tools, wearable devices, artificial intelligence, and new technologies such as electric motor devices and virtual platforms, the fields of exercise science, sports performance, and rehabilitation are undergoing a transformative shift. This Special Issue invites original research, systematic reviews, and case studies that propose, implement, or validate innovative technologies designed to enhance physical training, optimize athletic performance, and improve health outcomes as well as rehabilitation processes. The topics of interest include the use of smart devices for training, monitoring, and feedback; virtual reality for rehabilitation; machine learning in exercise prescription; and mobile applications for health promotion and individualized care. By bridging the gap between technology and practice, this Special Issue seeks to provide evidence-based insights into how these innovations can be effectively integrated into real-world settings, benefiting both practitioners and end users.

Guest Editor

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Message from the Editor-in-Chief

Editor-in-Chief

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