

Special Issue

Optimizing Athlete Health and Performance: Multidisciplinary Perspectives in Sports Medicine

Message from the Guest Editors

Athlete health and performance optimization comprise a rapidly evolving field that demands a multidisciplinary perspective. Advances in sports medicine, cardiology, physiology, nutrition, biomechanics, psychology, and data science are reshaping the way we understand athlete care, from prevention to performance enhancement. The complexity of modern sports requires an integrated approach that not only addresses injury treatment and recovery but also emphasizes prevention, health promotion, and long-term well-being. This Special Issue aims to compile contributions from diverse areas of expertise to explore innovative strategies that optimize athlete health and performance. Topics of interest include the management of overtraining and fatigue, the prevention and rehabilitation of musculoskeletal injuries, the role of nutrition and supplementation, and psychological and cognitive aspects of performance. We also welcome approaches utilizing wearable technologies, artificial intelligence, and precision medicine in sports.

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