

Special Issue

Technology and Methods to Monitor Resistance Training: Applications in Health, Disease and Performance in Sport

Message from the Guest Editors

The science behind the application and innovation of new training methods is being improved due to the development of new technology. This technology provides new insights into modern ways to analyze human performance in sports but is also recognized as one of the primary therapeutic targets of interventions in older adults and clinical populations. Over the past few years, different resistance training equipment and new methods have been developed incorporating more objective and portable devices to measure physical fitness. The incorporation of these devices facilitates the use of standardized and feasible assessment protocols, allowing the identification of strength and muscle power patterns in daily practice. This Special Issue aims to provide new insights into the use of technology to understand and monitor physical performance during resistance training in different populations. Articles addressing this topic, more specifically on implementing new analysis on daily routines, are welcome. Keywords: Technology Wearable sensors Mobile applications Biomechanics Force–velocity profile Performance Monitoring

Guest Editors

Prof. Dr. Borja Sañudo

Department of Physical Education and Sports, Faculty of Educational Sciences, Universidad de Sevilla, 41013 Seville, Spain

Dr. Alejandro Muñoz-López

Department of Human Motricity and Sports Performance, University of Seville, Seville, Spain

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Sensors
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
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Editor-in-Chief

Prof. Dr. Vittorio M. N. Passaro
Department of Electrical and Information Engineering, Politecnico di Bari, Via Orabona 4, 70126 Bari, Italy

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