Special Issue

Sensor-Based Information for Personalized Exercise and Training

Message from the Guest Editors

An increasing number of lightweight and wearable sensors ("wearables") are being developed or are already commercially available for monitoring physiological, biomechanical or ambient data. Innovations are mainly in sensor technology, data algorithms (especially machine learning), and content- and application-related interpretation. The application of wearable sensors (e.g., using biofeedback) is thought to improve understanding of adaptation to exercise, (elite) performance, cardiorespiratory fitness, physical activity, and other health-related aspects. The reliability and validity of provided data is often questionable, and further evidence is needed to prove the anticipated benefits of data monitoring and guidance with wearable sensor technology. To improve the field of wearables for exercise, health, and performance applications, this Special Issue aims to publish related manuscripts. For more information, please visit mdpi.com/si/40105.

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Message from the Editor-in-Chief

Sensors is a leading journal devoted to fast publication of the latest achievements of technological developments and scientific research in the huge area of physical, chemical and biochemical sensors, including remote sensing and sensor networks. Both experimental and theoretical papers are published, including all aspects of sensor design, technology, proof of concept and application. Sensors organizes Special Issues devoted to specific sensing areas and applications each year.

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