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Advances in Neuromuscular Research

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Message from the Guest Editor

Dear Colleagues,

A variety of neuromuscular adaptations contribute to increases in muscular strength, rate of force development, and power characteristics. Because these characteristics have been shown to positively influence athletic performance, practitioners have sought to identify superior training methods that will enhance these characteristics. While many training methods have been implemented to improve muscular strength, rate of force development, and power, recent literature has identified superior training methods, questioned previously used training methods, and proposed modified training methods in an effort to optimize athlete performance and provide practitioners with more prescription options. It is essential to provide practitioners with information about a variety of training methods so that the best training programs may be implemented for each athletic population. The aim of this Special Issue is to add to the existing body of literature that seeks to provide more information about the most effective methods of resistance training.



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Special Issue



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Message from the Editor-in-Chief

Sports (ISSN 2075-4663) is a peer-reviewed scientific journal that publishes original articles, critical reviews, research notes and short communications in the interdisciplinary area of sport sciences and public health. It links several scientific disciplines in an integrated fashion, to address critical issues related to sport science and public health. The journal presents diverse original articles, including systematic and narrative reviews, cohort and case control studies, innovative randomized trials, and formative research using qualitative and quantitative methods with the aim to provide information for researchers to plan intervention programs. It addresses diverse public health, physical activity and exercise science topics.

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