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Functional Movement and Training

Guest Editor:

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Message from the Guest Editor

Dear Colleagues,

This Special Issue of *Sports* will provide knowledge related to functional movement and functional movement training as they relate to health and sport performance. It is designed for those interested in a number of topics that concern functional movement, in relation to scientific inquiries of functional movement training protocols and performance outcomes. Topics will focus on mobility training and practices, the utilization of breathing techniques to influence performance, skill development in functional movement and recovery practices (physical, mental or nutritional). However, any research focusing on any aspect of functional movement is welcomed for review. Additionally, practical applications to training and performance will be stressed, so as to influence daily training protocols.

Prof. Dr. Andrew Hatchett
Guest Editor



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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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