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The Role of Strength on Performance in Athletic Tasks

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Deadline for manuscript
submissions:

closed (4 September 2017)

Message from the Guest Editor

Dear Colleagues,

Strength underpins successful performance in many athletic tasks. Strong relationships have been observed between measures of multi-joint dynamic and isometric strength (force production) and performance in short sprints, jumps, and change of direction tasks. Clear associations have also been reported between isometric force production and dynamic strength. Relative strength (ratio scaled) appears to differentiate between performances in many athletic tasks, between levels of competition and may explain differences in performances between sexes. More importantly, the results of a limited number of studies demonstrate that increases in relative strength tend to result in improvements in short sprint, jump and change of direction performance. The aim of this Special Issue is to expand on this growing body of research, highlighting the role of strength on performance in athletic tasks including differentiation between levels of performance and between sexes.

Dr. Paul Comfort

Guest Editor



mdpi.com/si/8669

Special Issue



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Message from the Editor-in-Chief

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