

Special Issue

Comprehensive Study of Aquatic Sports

Message from the Guest Editors

Aquatic sports are becoming more popular; this has led to growing scientific interest in factors influencing technical efficiency, athletic performance, and injury risk. Cutting-edge research increasingly features individualization, monitoring, and planning of training through laboratory or field tests that track real-time responses. Psychological research is increasingly focused on the development of mental skills, stress and motivation management, as well as the influence of coach–athlete interactions on performance. Sports medicine explores common overuse injuries and the biomechanical and physiological factors that contribute to them. Thus, the scope of this Special Issue is to provide a solid, interdisciplinary outline of contemporary knowledge, encompassing elite athlete performance and health. We aim to connect different research areas that can inform coaching, training design, athlete monitoring, and injury prevention. We welcome submissions based on original research, as well as reviews and meta-analyses, short communications or methodological papers, conceptual or theoretical papers, and case studies.

Guest Editors

Dr. Sabrina Demarie

Department of Human Movement and Sport Sciences, Università degli Studi di Roma "Foro Italico", 00135 Rome, Italy

Prof. Dr. Veronique Billat

Laboratoire Informatique, Bio-Informatique Et Systèmes Complexes (IBISC), EA 4526, Université Paris-Saclay, 91020 Evry, France

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Sports
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
sports@mdpi.com

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About the Journal

Message from the Editor-in-Chief

Sports (ISSN 2075-4663) is an international, peer-reviewed open access advanced forum for publishing studies related to the interdisciplinary area of sport, exercise and health sciences. Studies focused solely on competitive performance outcomes (e.g., game statistics, records) without direct application to sports training programs will be considered out of scope.

Sports publishes reviews, regular research papers, and communications, as well as Special Issues on particular subjects.

Editor-in-Chief

Prof. Dr. Eling Douwe De Bruin

1. Institute of Human Movement Sciences and Sport, IBWS ETH, HCP H
25.1, Leopold-Ruzicka-Weg 4, CH-8093 Zürich, Switzerland

2. Karolinska Institutet, Stockholm, Sweden

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JCR - Q1 (Sport Sciences) / CiteScore - Q1 (Physical Therapy, Sports Therapy and Rehabilitation)

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manuscripts are peer-reviewed and a first decision is provided to authors approximately 18.6 days after submission; acceptance to publication is undertaken in 4.8 days (median values for papers published in this journal in the first half of 2026).