

Special Issue

Applied Biomechanics, Ergonomics and Physiology for Enhanced Sport Performance and Training Optimization

Message from the Guest Editor

The aim of this Special Issue is to collect cutting-edge research exploring how applied biomechanics, ergonomics, and human physiology can support performance enhancement, injury prevention, and training optimization in sport. Submissions may include experimental studies, computational simulations, wearable-sensor-based monitoring, laboratory investigations, and field assessments. We particularly welcome interdisciplinary contributions that combine rigorous physical analysis with physiological monitoring, subjective perception metrics, digital human modeling, and emerging technologies for athlete assessment. We warmly invite original studies, systematic reviews, and methodological contributions that advance the integration of biomechanics, physiology, ergonomics, and immersive simulation in sport science.

Guest Editor

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Deadline for manuscript submissions

30 June 2026



Sports

an Open Access Journal
by MDPI

Impact Factor 2.9
CiteScore 4.1
Indexed in PubMed



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About the Journal

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.

Editor-in-Chief

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indexed within Scopus, ESCI (Web of Science), PubMed, PMC, and other databases.

Journal Rank:

JCR - Q1 (Sport Sciences) / CiteScore - Q2 (Physical Therapy, Sports Therapy and Rehabilitation)

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 18.7 days after submission; acceptance to publication is undertaken in 3.7 days (median values for papers published in this journal in the first half of 2025).