

## Special Issue

# Performance Analytics and Health Tracking: Toward Lifelong Athletic Sustainability

### Message from the Guest Editors

This Special Issue presents the latest research on performance analysis and athlete health monitoring, with a focus on strategies that support long-term health, resilience, and athletic longevity. As competitive sport increasingly adopts advanced analytics, wearable devices, and integrated monitoring systems, these tools help optimize performance while safeguarding athlete well-being throughout their careers. The issue includes original research and reviews on how physiological, biomechanical, psychological, and behavioral data can assess performance, manage training load, prevent injuries, and promote sustainable athletic development. We especially welcome innovative approaches involving artificial intelligence, machine learning, and predictive analytics, as well as interdisciplinary work bridging sport science, medicine, and technology. By considering both short-term performance and long-term health, this Special Issue aims to promote a holistic, sustainable model of athlete monitoring—helping practitioners, researchers, and policymakers achieve peak performance without compromising athlete health and longevity.

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### Deadline for manuscript submissions

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## Sports

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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.

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### Editor-in-Chief

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