

Special Issue

Advancing Athlete Assessment and Performance Training

Message from the Guest Editor

Assessing athlete performance to provide actionable information is key. While assessments may include a broad range of tests that measure an athlete's strength, muscular endurance, muscle function, physiological characteristics, etc., research that provides novel insights into these protocols may be used to enhance best practices. Beyond assessment, strength and conditioning programs are used to enhance fitness characteristics that underpin athletic performance. Because training strategies may yield different results, practical research that highlights the benefits and limitations of various training methods is needed, as it may drive programming decisions made for athletes. This Special Issue calls for applied research papers that address topics related to athlete assessment and strength and conditioning training methods used to enhance athletic performance. While original research articles can be acute or longitudinal in nature, this Special Issue is also accepting systematic reviews and meta-analyses, scoping reviews, and case study articles that focus on the highlighted topics within the athletic population.

Guest Editor

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Deadline for manuscript submissions

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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.

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

Rapid Publication:

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).