

## Special Issue

# Digital Technologies: Applications, Window of Opportunity and Challenges in Exercise, Health and Sports

### Message from the Guest Editors

Digital technology is opening unique opportunities for exercise, health, and sports development. Experience in these areas is growing fast due to advances in digital technologies. From the use of software and wearable devices to advanced data analysis approaches, there is a great range of possibilities and improvements when using digital technologies. This Special Edition will underline new and emerging methodologies to bring innovative solutions for exercise, health and sports, including digital technologies, software development/validation, mobile applications, wearable devices, the Internet of Things, artificial intelligence, complex systems, and network analysis. Original research, case reports, and review articles from this field will be considered.

---

### Guest Editors

Dr. Rodrigo Zacca

Prof. Dr. Flávio Antônio de Souza Castro

Dr. Rui Miguel Simões de Azevedo

---

### Deadline for manuscript submissions

closed (31 October 2023)



## Sports

---

an Open Access Journal  
by MDPI

---

**Impact Factor 2.9**  
**CiteScore 4.1**  
**Indexed in PubMed**



[mdpi.com/si/120001](https://mdpi.com/si/120001)

*Sports*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[sports@mdpi.com](mailto:sports@mdpi.com)

[mdpi.com/journal/  
sports](https://mdpi.com/journal/sports)





# Sports

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.9  
CiteScore 4.1  
Indexed in PubMed



[mdpi.com/journal/  
sports](https://mdpi.com/journal/sports)



## 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

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

---

### Author Benefits

#### High Visibility:

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).