

Special Issue

The Role of Strength on Performance in Athletic Tasks

Message from the Guest Editor

Strength underpins successful performance in many athletic tasks. Strong relationships have been observed between measures of multi-joint dynamic and isometric strength (force production) and performance in short sprints, jumps, and change of direction tasks. Clear associations have also been reported between isometric force production and dynamic strength. Relative strength (ratio scaled) appears to differentiate between performances in many athletic tasks, between levels of competition and may explain differences in performances between sexes. More importantly, the results of a limited number of studies demonstrate that increases in relative strength tend to result in improvements in short sprint, jump and change of direction performance. The aim of this Special Issue is to expand on this growing body of research, highlighting the role of strength on performance in athletic tasks including differentiation between levels of performance and between sexes.

Guest Editor

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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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