

## Special Issue

# Symmetry and Asymmetry in Biomechanics and Human Physiology

### Message from the Guest Editors

Movement and locomotion have always been key activities in humans. Physical exercise and performance in sports are strongly linked to physiological variables, which are dependent on biomechanical aspects associated with fatigue and energy expenditure. The concepts of symmetry and asymmetry are often used to assess the normality of movement in sports or rehabilitation processes. The knowledge provided by scientific studies on this topic can be useful to optimize coaching and training programs and aid adequate long-term development of athletes, while improving quality of life, the reduction of risk in sport injuries and health care costs and promoting the conditions for performance enhancement in sports. This context gives us a wide range of perspectives from which to study the symmetry and asymmetry in biomechanics and human physiology. We encourage and invite researchers and practitioners to submit manuscripts related to the promotion of health, physical activity, regular exercise, injury prevention, and performance enhancement in sports. Submissions from all disciplines will be considered, and all manuscripts will be peer-reviewed by experts.

### Guest Editors

Dr. Mário André da Cunha Espada

Dr. Fernando Santos

Dr. Filipe Manuel Clemente

Dr. Mário Jorge Costa

### Deadline for manuscript submissions

closed (31 December 2022)



## Symmetry

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## About the Journal

### Message from the Editor-in-Chief

Symmetry is ultimately the most important concept in natural sciences. It is not surprising then that very basic and fundamental research achievements are related to symmetry. For instance, the Nobel Prize in Physics 1979 (Glashow, Salam, Weinberg) was received for a unified symmetry description of electromagnetic and weak interactions, while the Nobel Prize in Physics 2008 (Nambu, Kobayashi, Maskawa) was received for the discovery of the mechanism of spontaneous breaking of symmetry, including CP symmetry. Our journal is named *Symmetry* and it manifests its fundamental role in nature.

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### Editor-in-Chief

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