



Sports Performance and Health

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Message from the Guest Editors

Both elite and recreational athletes attempt to optimize their performance, but such optimization is associated with increased risk of injury. Therefore, despite the well-known positive health effects of physical activity, the prevention and management of sports-related injuries remain major challenges to be addressed. Treating sports injuries is often difficult, expensive, and time-consuming, and, thus, preventive strategies and activities are justified on the basis of both medical as well as economic grounds. We are interested in manuscripts that examine sports performance- and health-related issues. Potential topics include, but are not limited to, the following:

- Benefits of sport to health
- Tradeoffs between sports performance and health
- Optimization of sports performance by training, technique and/or tactics enhancements
- Prevention and management of sport injuries
- Optimization of sports equipment to increase performance and/or decrease the risk of injury
- Innovations for sports performance, health, and load monitoring





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Message from the Editor-in-Chief

As the world of science becomes ever more specialized, researchers may lose themselves in the deep forest of the ever increasing number of subfields being created. This open access journal Applied Sciences has been started to link these subfields, so researchers can cut through the forest and see the surrounding, or quite distant fields and subfields to help develop his/her own research even further with the aid of this multi-dimensional network.

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