



symmetry

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Symmetry and Asymmetry in Sport Sciences

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Message from the Guest Editors

Dear Colleagues,

The terms symmetry and asymmetry have been commonly related to natural sciences phenomena. However, they are also present in many sports and physical activity contexts. Although many coaches and trainers try to find the symmetry in the movements and performance capacities in the athlete's body, real-life activities, exercises and performance in sport demonstrate the ubiquity of asymmetry. Knowing the appropriate magnitude of this asymmetry could be interesting in order to prepare athletes and prevent injuries, to understand the movement differences in a biomechanical analysis, to study the learning process, or to examine technical and tactical properties in performance analysis. In this sense, we can find a wide umbrella to study the symmetry and asymmetry in sport sciences.



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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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