



Advances in Sports, Exercise and Health

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Message from the Guest Editors

Dear Colleagues,

The interest in sports science, exercise, and health is continuously growing, now encompassing a broad spectrum of scientific disciplines. Initially centred around physiology and medicine, this attention has expanded its horizons to involve a multitude of sectors.

In particular, sports performance analysis has gained enormous visibility in the last decade, with significant implications not only in the sporting realm but also in broader areas of general exercise science and public health. The advent of new technologies, sports analytics, and wearable devices has further enhanced this field, providing new evidence that benefits not only athletes but also a much wider population.

With this Special Issue, we aim to share the latest advances in this fascinating field, offering a platform where academic and industrial experts can discuss and identify solutions to emerging problems.

We count on your valuable collaboration and participation in this Special Issue.

Best regards,

Dr. Gian Mario Migliaccio

Dr. Luca Russo

Guest Editors





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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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