

Special Issue

Advances in Physical Activity for Sport Performance

Message from the Guest Editors

An important requirement of training is individualised performance. Coaches and trainers must consider the unique abilities, learning characteristics, and needs of athletes. Modern technology helps analyse training loads in detail for designing appropriate programmes. The development of skills and the body's training response vary by age and past injuries. Promoting athletes' development and integrating physical training into technical and tactical aspects are crucial. Athletes should evaluate physiological responses in training, developing patterns transferable to competition. This methodological approach is key to enhancing performance and maintaining health in all sports.

Keywords:

- Individualised training
- Modern technology
- Analyse training loads
- Maturational development
- Behavioural patterns
- Transferred to competition

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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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