

Special Issue

Advances in Sports, Exercise and Health

Message from the Guest Editors

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,

Guest Editors

Dr. Gian Mario Migliaccio

Department of Human Sciences and Promotion of the Quality of Life,
San Raffaele Rome Open University, 00166 Rome, Italy

Dr. Luca Russo

Department of Human Sciences, Università Telematica degli Studi IUL,
50122 Florence, Italy

Deadline for manuscript submissions

20 January 2025



Applied Sciences

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 5.3



mdpi.com/si/191486

Applied Sciences
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
appls@mdpi.com

mdpi.com/journal/

[appls](https://appls.com)





Applied Sciences

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 5.3



[mdpi.com/journal/
applsci](https://mdpi.com/journal/applsci)



About the Journal

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.

Editor-in-Chief

Prof. Dr. Giulio Nicola Cerullo
Dipartimento di Fisica, Politecnico di Milano, Piazza L. da Vinci 32,
20133 Milano, Italy

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), Ei Compendex, Inspec, CAPIus / SciFinder, and other databases.

Journal Rank:

JCR - Q1 (Engineering, Multidisciplinary) / CiteScore - Q1 (General Engineering)