



Wellness, Fitness, Body Composition, Training and Performance Monitoring to Improve Athletes Life Quality

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Message from the Guest Editors

Several studies on training and match load quantification; well-being; as well as fitness and body composition can be found in the literature, especially in soccer with male athletes. However, there are many other sports that intend to produce knowledge on these topics that also deserve merit. In addition, more studies should include women athletes instead of only men.

We suggest that authors include wellness, health, fitness, and body composition variables in their studies. In addition, we welcome studies that analyze the relationship of exercise training programs and usual training/match measures such as total distance, distances at different threshold speeds, sprints, acceleration, deceleration, player load, metabolic power, session rated perceived exertion, heart rate, and others. Moreover, original designs that include the analysis of contextual factors (e.g., match location, match results, quality of opponents, match/season periods, and others) are welcome as they provide new knowledge on athlete quality of life.



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Message from the Editor-in-Chief

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