



Mental Fatigue in Sport

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Message from the Guest Editors

There is a growing body of literature that recognizes the role of mental fatigue in sport performance. Several studies provide preliminary evidence that the former impairs the latter. However, different experts highlight the fact that this topic needs a large body of studies in ecological contexts, especially to determine (i) the mental fatigue produced by participation in real competitions and (ii) how coaches can manipulate mental fatigue through training interventions. Therefore, the aim of this Special Issue is to collect information on the effects of mental load and fatigue on applied contexts.

This Special Issue cordially invites experts involved in different sports to submit original research with data about the effects of real competitions or training interventions on mental fatigue, to increase the knowledge about mental fatigue in sport ecological conditions.





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Message from the Editor-in-Chief

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