



Physical Load Monitoring in Competitive Sport

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Deadline for manuscript
submissions:

closed (14 April 2023)

Message from the Guest Editors

In recent years, an exponential increase in empirical research based on the monitoring and assessment of physical load in sports has been observed. This information, together with the evolution in the load patterns in sports, in terms of external demands, suggest the need to continue investigating how practitioners can monitor physical performance to design specific training tasks which reproduce competition demands, improving the physical fitness and reducing the injury risk.

We are pleased to inform you that this Special Issue, entitled “Physical Load Monitoring in Competitive Sport”, is focused on answering many questions raised in previous research about the importance that practitioners have in monitoring the physical load in sports on their athletes and, in turn, highlighting strategies and practical implications applicable to team sport. These potential articles represent an interesting source of related work and may be very useful for practitioners, coaches and researchers who work with/investigate athletes and physical load.

In this Special Issue, original research articles and reviews are welcome.

We look forward to receiving your contributions.





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Message from the Editor-in-Chief

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