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The Evaluation of Exercise Using Electromyography

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Message from the Guest Editor

Electromyography is a diverse tool used to evaluate neuromuscular function through the analysis of the electrical activity of contracting skeletal muscle fibers. Specifically, the electromyographic signal provides global information related to the action potentials of the motor units within the pickup range of the recording electrodes. This technique is widely utilized across many fields, with therapeutic, clinical, and human performance applications.

The aim of this Special Issue is to deliver new insight into the use of electromyography to assess neuromuscular function during exercise and promote novel applications. We hope that this knowledge will help provide coaches, clinicians, and other health and sport professionals with valuable information that can be used to establish new training methods, therapeutic strategies, and assessment techniques.



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Special Issue



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Message from the Editor-in-Chief

Sports (ISSN 2075-4663) is a peer-reviewed scientific journal that publishes original articles, critical reviews, research notes and short communications in the interdisciplinary area of sport sciences and public health. It links several scientific disciplines in an integrated fashion, to address critical issues related to sport science and public health. The journal presents diverse original articles, including systematic and narrative reviews, cohort and case control studies, innovative randomized trials, and formative research using qualitative and quantitative methods with the aim to provide information for researchers to plan intervention programs. It addresses diverse public health, physical activity and exercise science topics.

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