Special Issue

Sport Science and Strength Training: Recent Advances, New Trends, and Applications

Message from the Guest Editors

This Special Issue will focus on recent advances, new trends, and applications of sport science and strength training. A central emphasis of this Special Issue is the application to the practical setting of recent advances and trends, together with research that explicitly outlines the key transformational impact of the research findings. This Special Issue will explore the link between science and practice and exemplify how research outcomes can impact the practical environment. This Special Issue is open to all disciplines within sport science, with a particular focus on recent advancements in strength training. The advancements in strength training can stem from the various disciplines in sport science and/or can take a multi-disciplinary approach. Research exploring technological advancements and their application within athletic environments can be incorporated into this Special Issue. By exploring the application of recent advancements and trends, this Special Issue aims to present a transformational perspective on how sport science and strength training can positively impact athletic performance.

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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.

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