EDITORIAL

Technologies for Assessment of Training Effects on Health and Performance

More and more, the sport science has made use of technologies to evaluate various types of variables in order to improve health and physical performance. The scope of this thematic issue was the new technologies to assess or monitor the effects of a training program or lifestyle habits in physiological, biomechanical or performance variables.

Readers will find studies that used: thermal imaging to identify injury from overtraining, absorptiometry radiological dual energy (DXA) to evaluate body composition, mathematical models, biomechanical gait analysis, biomechanical analysis based on Finite Element Method (FEM), tri-axial accelerometers and force sensors, kinematic analysis, wavelet analysis, biochemical markers, physical activity questionnaires and systematic review.

The sports science progresses to the extent that scientists can access technologies such as those presented in this issue. We hope that readers can understand a little more about technologies applicable to sports science and disseminate its use for the evolution of scientific knowledge in this field.

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