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# Digital Technologies: Applications, Window of Opportunity and Challenges in Exercise, Health and Sports

**Edited by: Rodrigo Zacca , Flávio Antônio de Souza Castro and Rui Miguel Simões de Azevedo**

Digital technology is opening unique opportunities for exercise, health, and sports development. Experience in these areas is growing fast due to advances in digital technologies. From the use of software and wearable devices to advanced data analysis approaches, there is a great range of possibilities and improvements to come from using digital technologies. This reprint represents the collaborative efforts of the Guest editors to explore new and emerging methodologies for delivering innovative solutions in exercise, health, and sports.

