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Monitoring Physiological Adaptation to Physical Training

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Monitoring physiological adaptation throughout physical training is becoming commonplace in practice. However, the research to validate such methods is lagging behind the emerging technological advances. Furthermore, numerous considerations are to be made to precisely understand the physiological changes in response to field conditioning. At a minimum, the chosen method must be specific to the domain of fitness that is targeted by the given physical training stimuli. A variety of subjective and objective methods exist to track changes in body composition, aerobic fitness, muscular performance, and flexibility, as well as for monitoring physiological responses to activity. However, techniques with unsubstantiated claims concerning their accuracy are often chosen. This Special Issue will focus on a variety of topics related to the efficacy and usefulness of various methods for monitoring physiological adaptation to physical training. The goal of this Special Issue is to enhance the body of knowledge in this area with a particular focus on application. Submissions for original research, meta-analyses, reviews, and case reports are welcomed.



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Special Issue



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Message from the Editor-in-Chief

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