



sports



an Open Access Journal by MDPI

New Perspectives in Resistance Training

Guest Editor:

Dr. Carlos Balsalobre-Fernández

Department of Physical Education, Sport and Human Movement, Universidad Autónoma de Madrid, Madrid, Spain

carlos.balsalobre@icloud.com

Deadline for manuscript submissions:

15 August 2020

Message from the Guest Editor

The effects of resistance training in different populations has been extensively investigated in the past decades. Several methodologies have been used to design, monitor, and prescribe resistance training programs to improve athletic performance and health. During the last decade, different strategies have been investigated to optimize physical performance and increase muscle mass, such as velocity-based training, resisted/assisted sprinting, eccentric overloads or force-velocity profiling. Also, emerging technologies designed to measure force, velocity and power capabilities have been validated, making it easier to conduct field-based research. The aim of this Special Issue is to gather the latest research about resistance training prescription and monitoring, with a special focus on applied investigations covering hot topics such as velocity-based training, strength biomechanics or validation of new technologies.



mdpi.com/si/40733

Special Issue



sports



an Open Access Journal by MDPI

Editor-in-Chief

Prof. Dr. Eling Douwe De Bruin

Institute of Human Movement Sciences and Sport, IBWS ETH, HCP H 25.1, Leopold-Ruzicka-Weg 4, CH-8093 Zürich, Switzerland;
Professor at Karolinska Institutet, Stockholm, Sweden

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.

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High visibility: Indexed in the Emerging Sources Citation Index (ESCI - Web of Science) and other databases. Citations available in PubMed, full-text archived in PubMed Central.

Rapid publication: manuscripts are peer-reviewed and a first decision provided to authors approximately 16.1 days after submission; acceptance to publication is undertaken in 2.9 days (median values for papers published in this journal in the second half of 2019).

Contact Us

Sports
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

Tel: +41 61 683 77 34
Fax: +41 61 302 89 18
www.mdpi.com

mdpi.com/journal/sports
sports@mdpi.com
🐦 @Sports_MDPI