



Cognition and Motion: Sensory Processing and Motor Skill Performance in Athletic Training and Rehabilitation

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Deadline for manuscript submissions:

closed (20 August 2022)

Message from the Guest Editor

Training and rehabilitation programs for the improvement of sensory processing and motor skill performance represent an integral part of research in kinesiology, health, and sport sciences. However, most studies have investigated the effect of exercise on the motor components of the performance, whereas less attention has been paid to the sensory components. Although designed to improve sensory functions, training programs usually consist of exercises which also involve motor tasks. Consequently, an enhancement in performance is often ascribed to an improvement in sensory function; however, it can equally be ascribed to an improvement in motor function. Therefore, the relative contribution of each of these components to an improvement in physical performance has to be investigated. Within this topic, contributions in the form of review articles and original research articles which investigate the effectiveness of open and closed skill exercises in populations of different age groups and levels of physical fitness are welcomed.





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Message from the Editor-in-Chief

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