



Monitoring and Evaluation of Training in Sport and Exercise

Guest Editors:

Dr. Antonio Sousa

**Dr. Ricardo Manuel Pires
Ferraz**

Dr. Daniel Marinho

**Prof. Dr. Mário António
Cardoso Marques**

Dr. Henrique Pereira Neiva

Deadline for manuscript
submissions:

closed (31 December 2021)

Message from the Guest Editors

Monitoring and evaluation of training, which is often understood as the simplistic designation of training control, is considered to be a fundamental aspect in the planning of any sport and has represented for some years a primary task of the training process. The major purpose of these monitoring processes is the increase in training efficiency, which leads to performance improvement in sports and exercise. Following these evaluation and control procedures would allow us to better understand the body and the requirements of the sport in order to increase motivational levels by creating a feeling that other agents are committed to contributing to their evolution, to quantify participation in the training process, and to understand the rationale for the process. Papers addressing these topics are invited for this Special Issue, especially those combining a high academic standard coupled with a practical focus on providing optimal solutions for this theme.





an Open Access Journal by MDPI

Editor-in-Chief

Prof. Dr. Paul B. Tchounwou

RCMI Center for Urban Health
Disparities Research and
Innovation, Richard Dixon
Research Center, Morgan State
University, 1700 E. Cold Spring
Lane, Baltimore, MD 21251, USA

Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

Author Benefits

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

High Visibility: indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPus / SciFinder, and other databases.

Journal Rank: CiteScore - Q1 (*Public Health, Environmental and Occupational Health*)

Contact Us

International Journal of
*Environmental Research and Public
Health* Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/ijerph
ijerph@mdpi.com
[X@IJERPH_MDPI](https://twitter.com/IJERPH_MDPI)