



Exercise Evaluation and Prescription

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Message from the Guest Editors

Dear colleagues,

This Special Issue will focus on exercise evaluation and prescription, aiming to attract papers related to how to use either laboratory or field evaluations to generate training advice. Training might seem related mostly to athletes, but normal people (and patients) need specific advice as much as the athletes. We suspect that there are a number of strategies available that will allow the generation of quantitatively specific training advice that is appropriate for individuals within the “exercise universe.”

Authors are invited to submit papers focusing on exercise evaluation and prescription on patients, healthy people, and athletes, based on findings observed in laboratory or field evaluation.

