



Editorial

Shaping the Future of Health, Sports, and Technology Sciences

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As we step into another transformative year, the Advances in Health, Sports, and Technology Sciences (AHSTS) journal continues its mission to bridge innovation, research, and real-world applications in the ever-evolving fields of health and sports sciences. Our journal serves as an open-access beacon for global collaboration, aiming to illuminate the synergies between these domains and their intersection with cutting-edge technology. The dynamic interplay between health and sports sciences has always been foundational to human development. Recent advances—from wearable health trackers revolutionizing sports performance analytics to AI-driven diagnostics enhancing preventive healthcare—highlight how technology has become an indispensable partner in driving breakthroughs.

Our commitment to excellence is rooted in a rigorous double-blind peer-review process, ensuring that every article we publish meets the highest standards of academic integrity and scientific merit. Finally, we extend our gratitude to the researchers, reviewers, and readers whose tireless efforts ensure the continued success of AHSTS. Your contributions not only advance individual fields but also inspire interdisciplinary collaboration that enriches lives on a global scale.

Our mission is to publish high-caliber, original research and comprehensive review articles that encapsulate the latest breakthroughs and developments in Sports and Health Sciences. AHSTS is committed to fostering a rigorous academic environment, upheld through a meticulous double-blind peer-review process that ensures the integrity and quality of the work we publish.

We invite you to join us in this journey—whether by contributing groundbreaking research, engaging in meaningful dialogue, or applying these insights in practice. Together, we can shape a future in which health, sports, and technology sciences unlock new horizons for humanity.

With warm regards,

Editor-in-Chief



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