



## Aging, Physical Health and Exercise Physiology

Guest Editor:

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Deadline for manuscript  
submissions:

**closed (10 February 2021)**

### Message from the Guest Editor

The global population is increasing, as is the amount of middle-aged (~35 to 55 years) and old (>55 years) people. Alongside the physiological changes, ageing remains associated with functional changes such as dynapenia and sarcopenia. It is well-documented that these changes are not uniform, with strength and power declining faster than muscle mass into older age, and the lower-body regions displaying greater rates of dynapenia and sarcopenia than the upper-body. A key omission therefore is the dearth of work in 'middle-aged' and female populations, which leaves an incomplete picture of the ageing process and the associated physiological changes.

This Special Issue will highlight the effect of exercise and physical activity on ageing and the underpinning physiological mechanisms. Moreover, we particularly welcome submissions including middle-aged or female populations and those with an applied/clinical focus.

