Special Issue

Aging, Physical Health and Exercise Physiology

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 middleaged or female populations and those with an applied/clinical focus.

Guest Editor

Dr. John F. T. Fernandes

Programme Manager BSc Sport and Exercise Science, Department of Sport, Hartpury University, Hartpury GL19 3BE, UK

Deadline for manuscript submissions

closed (10 February 2021)



Behavioral Sciences

an Open Access Journal by MDPI

Impact Factor 2.5
CiteScore 3.1
Indexed in PubMed



mdpi.com/si/49613

Behavioral Sciences Editorial Office MDPI, Grosspeteranlage 5 4052 Basel, Switzerland Tel: +41 61 683 77 34 behavsci@mdpi.com

mdpi.com/journal/

behavsci





Behavioral Sciences

an Open Access Journal by MDPI

Impact Factor 2.5 CiteScore 3.1 Indexed in PubMed



About the Journal

Message from the Editor-in-Chief

With warm greetings, it is a pleasure to invite you to contribute a research article or comprehensive review for consideration and publication in *Behavioral Sciences*. *Behavioral Sciences* is an international, scientific, open access journal providing an advanced forum for discussions and research regarding the intersection between psychiatry, neuroscience, psychology, cognitive and behavioral sciences, and behavioral biology. More information are available at: https://www.mdpi.com/journal/behavsci. We would be pleased to welcome you as one of our authors and have the opportunity to consider your work for publication.

Editor-in-Chief

Prof. Dr. Jerrell Cassady

Department of Educational Psychology, Ball State University, Muncie, IN 47306, USA

Author Benefits

High Visibility:

indexed within Scopus, SSCI (Web of Science), PubMed, PMC, PsycInfo, and other databases.

Journal Rank:

JCR - Q2 (Psychology, Multidisciplinary) / CiteScore - Q2 (Development)

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 29.6 days after submission; acceptance to publication is undertaken in 3.4 days (median values for papers published in this journal in the first half of 2025).

