



Motor Control and Healthy Ageing

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Message from the Guest Editors

Dear Colleagues,

Populations over the age of 55 are increasing, and by 2050, 22% of the world's population will be classed as elderly. Comprehensive knowledge of this stage of life must expand to meet the growth of this specific population. Relevant research will develop and introduce advances in sports science through studies involving motor control and the elderly, meeting the demand that science faces from an economic perspective and in relation to the health and well-being of the population (Pereira et al., 2022).

The aim of this Special Issue is to explore the relationship between motor control and a life span approach to healthy ageing. Potential topics include (but are not limited to):
Healthy ageing

Active ageing

Exercise and ageing

Physical fitness and elderly

Learning motor skills and ageing

Motor control in the elderly

Quality of life through exercise and physical fitness

Exercise and cognition in the elderly"

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Message from the Editorial Board

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