



## New Advances in Sports Performance and Health across the Lifespan

Guest Editors:

**Dr. Caio Victor Sousa**

Bouve College of Health  
Sciences, Northeastern  
University, Boston, USA

**Dr. Samuel da Silva Aguiar**

UDF University Center, Brasilia,  
Brazil

Deadline for manuscript  
submissions:

**closed (31 January 2023)**

### Message from the Guest Editors

Dear Colleagues,

Exercise and sports science have a deep impact across the lifespan, affecting health and sports performance. This Special Issue is interested in the potential effects of aging on health and physical performance and also how physical exercise can affect age-related variables. We are inviting high-quality articles involving exercise testing, physical training prescription, physiological profile of athletes of different age-groups, performance analysis, novel exercise testing methods, and age-related cohorts for this Special Issue of the *International Journal of Environmental Research and Public Health*.

Dr. Caio Victor Sousa

Dr. Samuel da Silva Aguiar

*Guest Editors*





an Open Access Journal by MDPI

## Editor-in-Chief

**Prof. Dr. Paul B. Tchounwou**

RCMI Center for Urban Health  
Disparities Research and  
Innovation, Richard Dixon  
Research Center, Morgan State  
University, 1700 E. Cold Spring  
Lane, Baltimore, MD 21251, USA

## Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

## Author Benefits

**Open Access:** free for readers, with article processing charges (APC) paid by authors or their institutions.

**High Visibility:** indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPus / SciFinder, and other databases.

**Journal Rank:** CiteScore - Q1 (*Public Health, Environmental and Occupational Health*)

## Contact Us

---

*International Journal of  
Environmental Research and Public  
Health* Editorial Office  
MDPI, St. Alban-Anlage 66  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
[www.mdpi.com](http://www.mdpi.com)

[mdpi.com/journal/ijerph](http://mdpi.com/journal/ijerph)  
[ijerph@mdpi.com](mailto:ijerph@mdpi.com)  
[X@IJERPH\\_MDPI](https://twitter.com/IJERPH_MDPI)