

Special Issue

Aging and Motor Performance

Message from the Guest Editors

A noticeable effect of aging is the alterations that occur in the neuromuscular system that can have significant consequences on motor performance and functional independence. Reductions in the strength, power, and control of forces during very-light-to-moderate contractions are typically observed in older individuals compared to middle-aged and young adults. Understanding the mechanisms responsible for age-related changes occurring in the neuromuscular system is crucial for the development of preventative measurements and rehabilitation techniques that are specifically designed for older men and women. This Special Issue of the *International Journal of Environmental Research and Public Health (IJERPH)* invites submissions of novel research papers, reviews, case studies (reports), and conference papers focusing on the state of knowledge concerning the effects of human aging on motor performance at present.

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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed 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 journal.

Editor-in-Chief

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