

Special Issue

2nd Edition: Physical Fitness in an Aged Population

Message from the Guest Editor

Human aging is universal and inevitable, although the average life expectancy has improved in the last century. Currently, about 7% of the world's population is aged 65 years or older. In developed countries, this percentage is even higher (15%) and continues to grow. Human aging is associated with physical and cognitive involution, which generates functional implications, reducing the speed of walking, increasing the risk of falls, and causing progressive reduction in the ability to carry out daily activities. Considering its importance, we are organizing of a second edition on this topic. In this special issue, we will focus on different physical exercise proposals and analyses of their effects on physical fitness in older adults, as well as on the different tools used in their measurement. New research papers, reviews, case reports, and conference articles are welcome, as are articles on new approaches to promoting physical exercise in older adults. Additionally, we will accept methodological articles, position articles, short reports, and commentaries.

Guest Editor

Prof. Dr. José María Cancela Carral
Faculty of Educational Sciences and Sports Sciences, University of Vigo, 36005 Pontevedra, Spain

Deadline for manuscript submissions

closed (30 September 2024)



International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 8.5
Indexed in PubMed



mdpi.com/si/151137

*International Journal of
Environmental Research and
Public Health*
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
ijerph@mdpi.com

[mdpi.com/journal/
ijerph](https://mdpi.com/journal/ijerph)





International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 8.5
Indexed in PubMed



[mdpi.com/journal/
ijerph](https://mdpi.com/journal/ijerph)



About the Journal

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

Prof. Dr. Paul R. Ward

School of Society and Culture, Adelaide University, Adelaide 5001,
Australia

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, CAPlus / SciFinder, and other databases.

Journal Rank:

CiteScore - Q1 (Public Health, Environmental and Occupational Health)