

Special Issue

Effects of Physically Active Interventions on Health and Well-Being in Older Adults

Message from the Guest Editor

This Special Issue aims to enhance our understanding of how physical, cognitive, or combined (i.e., physical plus cognitive exercises) training interventions can improve the health and well-being of the older adult population. We welcome studies that explore the impact of these interventions on various aspects of health, including cognitive function, physical fitness, and emotional well-being.

Research focusing on the effects of training interventions on cognitive aspects and fatigability is particularly encouraged, as these factors play a crucial role in the overall quality of life for older adults. By investigating how different types of training can enhance cognitive performance and reduce fatigue, we can develop more effective strategies to support healthy aging. This Special Issue seeks to gather innovative research that provides insights into the mechanisms underlying the benefits of training and offers practical recommendations for designing interventions tailored to the needs of the older adult population.

Guest Editor

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Deadline for manuscript submissions

30 September 2025



Sports

an Open Access Journal
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Impact Factor 2.9
CiteScore 4.1
Indexed in PubMed



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About the Journal

Message from the Editor-in-Chief

Sports (ISSN 2075-4663) is a peer-reviewed scientific journal that publishes original articles, critical reviews, research notes and short communications in the interdisciplinary area of sport sciences and public health. It links several scientific disciplines in an integrated fashion, to address critical issues related to sport science and public health. The journal presents diverse original articles, including systematic and narrative reviews, cohort and case control studies, innovative randomized trials, and formative research using qualitative and quantitative methods with the aim to provide information for researchers to plan intervention programs. It addresses diverse public health, physical activity and exercise science topics.

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