



Physical Activity in the Elderly—Classic and Modern Interventions in Health-Related Physical Fitness: 2nd Edition

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Deadline for manuscript submissions:

closed (30 June 2023)

Message from the Guest Editors

Dear Colleagues,

This Special Issue aims to show the effects of different interventions on the functional fitness level, independence, and health of elderly people. We invite authors to submit articles connected to classic interventions (e.g., gymnastic, swimming, jogging, etc.) as well as modern interventions (e.g., based on virtual reality, exergames, etc.). We would like to discuss popular, safe, and even controversial forms of physical activity among elderly people. It is important to show that intervention programs should consider deep analyses of factors determining the final effect, namely psychophysical fitness. We look forward to receiving your contributions.

Keywords: physical activity; physical fitness; independent living; fall prevention; classic interventions (swimming, walking, exercise, etc.); modern interventions (exergames, virtual reality, etc.)

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Message from the Editor-in-Chief

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We would be pleased to welcome you as one of our authors.

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