



Physical Activity Programmes for the Elderly and Their Health Implications

Guest Editors:

Dr. Laura Coll-Planas

Dr. Sebastià Mas-Alos

Dr. Nicole Blackburn

Dr. Cristina Godinho

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Message from the Guest Editors

Physical activity is among the most successful behaviours to promote health in the process of ageing. However, generating evidence on physical activity programmes faces several challenges, such as considering the relevance of the process when interpreting the impact. Many of those challenges can be approached with the evaluation framework of complex interventions. Last but not least, physical activity programmes, as well as physical activity as a behavior, are highly influenced by social determinants of health.

Therefore, this Special Issue of the International Journal of Environmental Research and Public Health (IJERPH) focuses on novel approaches in the design, implementation and evaluation of physical activity programmes targeting older people while considering their health in its biopsychosocial dimension and the social determinants of health. Researchers are invited to contribute beyond state-of-the-art work to be considered for publication, including original articles based on qualitative methods, longitudinal designs, natural experiments and controlled trials, short communications, systematic reviews and meta-analyses.





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Editor-in-Chief

Prof. Dr. Paul R. Ward

Centre for Public Health, Equity
and Human Flourishing, Torrens
University Australia, Adelaide
5000, Australia

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.

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*International Journal of
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Health* Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

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