



## Motor Control and Healthy Ageing

Guest Editors:

**Prof. Dr. Gonalo Dias**

**Prof. Mrio Jos Pereira**

**Prof. Dr. Rui Mendes**

**Prof. Dr. Vasco Vaz**

Deadline for manuscript  
submissions:

**closed (1 November 2023)**

### Message from the Guest Editors

Dear Colleagues,

Populations over the age of 55 are increasing, and by 2050, 22% of the world's population will be classed as elderly. Comprehensive knowledge of this stage of life must expand to meet the growth of this specific population. Relevant research will develop and introduce advances in sports science through studies involving motor control and the elderly, meeting the demand that science faces from an economic perspective and in relation to the health and well-being of the population (Pereira et al., 2022).

The aim of this Special Issue is to explore the relationship between motor control and a life span approach to healthy ageing. Potential topics include (but are not limited to):  
Healthy ageing

Active ageing

Exercise and ageing

Physical fitness and elderly

Learning motor skills and ageing

Motor control in the elderly

Quality of life through exercise and physical fitness

Exercise and cognition in the elderly"

Prof. Dr. Gonalo Dias

Prof. Dr. Rui Mendes



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Linares**

1. Department of Psychology,  
Universidad de Almería, Calle  
Universidad de Almería, 04120  
Almería, Spain
2. Universidad Autónoma de  
Chile, Av. Pedro de Valdivia 425,  
Santiago, Chile

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## Message from the Editorial Board

The journal offers an integrating approach to the disciplines it addresses, highlighting the role of health as a transversal axis in educational and psychological processes, present in human development, throughout the life cycle. *European Journal of Investigation in Health, Psychology and Education* (ISSN 2254-9625) is a peer-reviewed scientific journal that publishes original articles and systematic reviews or meta-analyses related to research on human development throughout the life cycle. It is a journal of the University Association of Education and Psychology (EUAPE) and is published quarterly Online by MDPI.

## Contact Us

*European Journal of Investigation in  
Health, Psychology and Education*  
Editorial Office  
MDPI, St. Alban-Anlage 66  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
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