



## Call for Papers

### German Journal of Exercise and Sport Research

### Exercise and physical activity for health promotion and rehabilitation in community dwelling very old adults or nursing home residents

Together with our guest editor Prof. Dr. Michael Brach, the German Journal of Exercise and Sport Research, an up-and-coming international journal (and successor to Germany's leading national journal in sport science: *Sportwissenschaft*, 1971-2016) invites authors to contribute articles to the thematic issue "Exercise and physical activity for health promotion and rehabilitation in community dwelling very old adults or nursing home residents".

The aging of the world's population has profound implications for medical care and health care systems. This demographic change already fundamentally affects the health care systems and societies in many countries. More specifically, demographic and societal trends have far-reaching implications for clinical care, medical research, and health care policy. Regular exercise or physical activity as well as an active lifestyle have been shown to influence the intercept, slope, and pace of age-related changes. However, the important role of exercise and physical activity, as well as sports science related to physical activity and exercise, is still underrepresented in this area of geriatric research.

Therefore, this special issue primarily aims to publish studies examining age-related changes of cognitive, perceptual, and motor functions that affect the mobility of older individuals and their activities of daily living. Moreover, research investigating quality of life, well-being, education, and other relevant aspects are highly welcome. We aim to focus not only on healthy older adults after retirement but also on very old adults and inhabitants of long-term care facilities. In the last few decades, it has been shown that engaging in different sports and exercise activities and keeping an active lifestyle increases health, prevents disease, and helps maintain the quality of life in these target groups.

This special issue addresses high-quality studies from all disciplines of human movement science as well as areas of motor control and learning, sport and exercise psychology, social psychology and philosophy of human movement, management and economics of sports and health, public health, and physical rehabilitation. We welcome research that contributes to our understanding of the relationship between exercise, physical activity and health and their effects on individuals, communities, and across all sectors. Cross-sectional studies, longitudinal studies or targeted interventions are as welcome as proof of concepts or studies on biological or psychological plasticity.

All papers will undergo rigorous, double-blind peer review and all accepted articles will be published online-first (soon after acceptance) on the Springer Nature electronic publishing platform (fee-based optional open access publication is possible upon request; researchers at institutes who are part of Project DEAL can publish their articles open access with the fees

covered under the agreement). Accepted contributions will be published in August/September 2021 (Vol. 51, Issue 3)

We ask authors to submit their papers using the journal's electronic Editorial Manager system ([www.editorialmanager.com/spwi](http://www.editorialmanager.com/spwi)) before 15 April 2021. Instructions for authors are available on the journal's homepage <https://link.springer.com/journal/12662>. Only articles written in English will be eligible for peer review.

Editors for this special issue:

Michael Brach (University of Muenster, Germany; email: [michael.brach@uni-muenster.de](mailto:michael.brach@uni-muenster.de))

Bettina Wollesen (Technical University Berlin, Germany; email: [bettina.wollesen@tu-berlin.de](mailto:bettina.wollesen@tu-berlin.de))

Editors-in-Chief:

Ralf Brand (University of Potsdam, Germany; email: [ralf.brand@uni-potsdam.de](mailto:ralf.brand@uni-potsdam.de))

Claudia Voelcker-Rehage (University of Muenster, Germany)