

## Special Issue

# Physical Activity for Preventing and Managing Falls in Older Adults

### Message from the Guest Editor

The prevention and management of falls in older adults is a significant public health challenge with important implications for this population's quality of life and independence. Physical activity positively impacts muscle strength, flexibility, cardiorespiratory fitness, and quality of life in older adults. Data analysis techniques, including classical statistics and machine learning, are used to evaluate the effectiveness of exercise programs. These methodologies allow for a detailed and precise analysis of the results obtained. The results of experimental studies and clinical trials demonstrate the effectiveness of physical activity interventions in preventing falls. These studies provide robust and reliable evidence that can confidently inform health policies and clinical practices. This Special Issue aims to gather innovative research and robust evidence that can promote the implementation of effective exercise programs for the prevention and management of falls in older adults, thereby contributing to the improvement of public health and the quality of life of this population.

### Guest Editor

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### Deadline for manuscript submissions

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## Sports

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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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### Editor-in-Chief

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