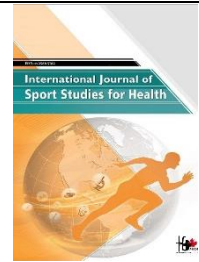


# International Journal of Sport Studies for Health

Journal Homepage






## Physical Activity, Cognitive Decline, and Quality of Life in Older Adults

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E d i t o r	R e v i e w e r s
<b>Pantelis Theo Nikolaidis</b>  School of Health and Caring Sciences, University of West Attica, Athens, Greece l.youzbashi@znu.ac.ir	<b>Reviewer 1:</b> Masoud Mirmoezi  Department of Physical Education and Sport Sciences, Islamic Azad University, Central Tehran Branch, Tehran, Iran. Email: massoudmirmoezi@live.com <b>Reviewer 2:</b> Hooman Namvar  Assisstant Professor, Department of Psychology, Saveh Branch, Islamic Azad University, Saveh, Iran. Email: hnamvar@iau-saveh.ac.ir

### 1. Round 1

#### 1.1 Reviewer 1

Reviewer:

The statement "The interplay between cognitive decline and QoL is complex..." would benefit from a citation to support this claim.

Consider defining "QoL" the first time it is mentioned for clarity, even though it is defined later in the text.

The sentence "Physical activity (PA) has emerged as a critical intervention..." should be supported with more recent citations to ensure the review includes the latest research.

The prevalence rates of cognitive decline should be accompanied by recent statistical data to validate the information provided.

Include citations for the different types of physical activities listed to provide a stronger evidence base.

Each key study mentioned should include a brief description of the sample size and methodology to give readers more context.

Suggest specific community-based programs or policy initiatives that could promote physical activity among older adults, using examples from the literature.

Author revised the manuscript and uploaded the updated document.

## 1.2 Reviewer 2

Reviewer:

Provide more details on the search strategy, including specific Boolean operators and any filters used, to enhance reproducibility.

Clarify what is meant by "sufficient data on the outcomes of interest" to improve transparency.

Explain how disagreements between the two reviewers were resolved during data extraction to strengthen the reliability of the review process.

When mentioning "numerous studies," provide a specific number or a percentage to quantify this claim and enhance the article's precision.

Elaborate on why moderate-intensity activities are more beneficial compared to low-intensity ones, with supporting references.

The study by Li and Li (2022) should include specific findings, such as effect sizes or percentages, to provide a clearer picture of the impact.

The mechanisms through which PA influences cognitive decline need more detailed explanations, particularly on how neuroplasticity and neurogenesis are measured.

Include a comparison of the findings of this review with those from similar recent reviews to contextualize the results within the broader literature.

Author revised the manuscript and uploaded the updated document.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.