

THE TITLE OF YOUR ABSTRACT SHOULD APPEAR IN BOLD 12-POINT TIMES NEW ROMAN AND ALL CAPITAL LETTERS

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INTRODUCTION: Some previous studies suggest social isolation is associated with poor cognitive health in later life, while cognitive outcomes may increase social inclusion of older people and cognitive health may be an important aspect of healthy ageing. The goal of this study is to review available literature on research related to relationship of exercise for cognitive health and social inclusion of elderly.

METHODS: Specific key words "exercise", "cognitive", "health", "social", "inclusion", "elderly", and "people" were used to search relevant electronic databases, such as PubMed, Web of Science and Scopus. The research was conducted according to PRISMA guidelines.

RESULTS: Studies that fit the inclusion criteria such as containing the data with the publication time that was from 2008 and later, and describing various exercise related to improvement of cognitive health, were reviewed. Results have showed that beneficial effects of exercise on cognitive health of older people have been observed. The dose of exercise is mostly recommended to be on the level of an hour a day, and three times a week, while the most applicable are aerobic, strength training exercises and yoga, and its combination, all in order to increase cognitive health.

CONCLUSION: The findings suggest that various exercise may benefit global-cognition, attention and cognitive control, as well as improve the social inclusion of older people.

KEY WORDS: Systematic review; social isolation; cognitive health; exercise; elderly.

REFERENCES: Very few, if any; APA format.

Oral/Poster (delete as needed)

We welcome original papers from researchers and students, addressing any of the conference sub-themes. Please note that the below list of sub-themes is far from exhaustive, so the authors should not feel limited by them.

Authors are free to choose between oral or poster presentation, submitting papers on one of the following sub-themes:

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Abstracts should not exceed 250-300 words.

The abstract should follow the general structure of the paper, describing:

1. Introduction
2. Methods
3. Results
4. Conclusion
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All submissions will be subject to peer review; after the review is completed, all authors will receive an acceptance/rejection notification by **May 1, 2021**.

All abstract submissions will be published in RRISS (Recent Researches in Sport Science)
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Because abstracts will only be considered **ONLY AFTER** full payment of the registration fee is received, we strongly advise to complete registration, abstract submission and payment at the same time.

Authors of accepted abstracts are invited (but not required) to submit a full-length paper. The Scientific Committee will review these papers, and all accepted papers will be published in a Special Issue of JHSE (Journal of Human Sport and Exercise, available at <https://www.jhse.ua.es/>)

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Full paper submissions must be prepared following these guidelines: <https://www.jhse.ua.es/about/submissions#authorGuidelines> and sent to ganapolskaya_mv@spbstu.ru **by July 1, 2021**.

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