



Motor Competence and Physical Fitness in the Promotion of an Active and Healthy Lifestyle in Children and Adolescents

Guest Editors:

Prof. Dr. Clemens Drenowatz

Division of Sport, Physical Activity
and Health, University of
Education Upper Austria, 4020
Linz, Austria

Prof. Dr. Klaus Greier

Department of Sport Science,
University of Innsbruck, 6020
Innsbruck, Austria

Deadline for manuscript
submissions:

closed (30 September 2020)

Message from the Guest Editors

Insufficient physical activity is a major threat to future public health. In addition to the well-established detrimental effects on health and well-being, low activity levels have been associated with a decline in motor competence and physical fitness, which may affect future lifestyle habits. In fact, it has been argued that poor motor competence and low physical fitness have impaired current intervention strategies targeting physical activity. This Special Issue aims to highlight the potential of motor competence and physical fitness during childhood and adolescence for the promotion of an active and health lifestyle.

Manuscripts for consideration in this Special Issue can either describe original research or review the scientific literature. In addition, we welcome manuscripts that discuss theoretical models informing the design of interventions that target motor competence and physical fitness for the promotion of an active and healthy lifestyle.





an Open Access Journal by MDPI

Editor-in-Chief

Prof. Dr. Paul B. Tchounwou

RCMI Center for Urban Health
Disparities Research and
Innovation, Richard Dixon
Research Center, Morgan State
University, 1700 E. Cold Spring
Lane, Baltimore, MD 21251, USA

Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPus / SciFinder, and other databases.

Journal Rank: CiteScore - Q1 (*Public Health, Environmental and Occupational Health*)

Contact Us

*International Journal of
Environmental Research and Public
Health* Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/ijerph
ijerph@mdpi.com
[X@IJERPH_MDPI](https://twitter.com/IJERPH_MDPI)