



children



an Open Access Journal by MDPI

The Health Effects of Daily Physical Activity Behaviours in Children: Physical and Psychological Outcomes

Guest Editors:

Dr. Josune Rodríguez-Negro

Department of Physical Education and Sport, Faculty of Education and Sport, University of the Basque Country, UPV/EHU, 01007 Vitoria-Gasteiz, Spain

Dr. Juan de Dios Benítez Sillero

Research Group in Sport and Physical Education for Personal and Social Development, Department of Specific Didactics, University of Cordoba, 14071 Cordoba, Spain

Deadline for manuscript submissions:

closed (1 July 2025)

Message from the Guest Editors

Dear Colleagues,

Physical activity has multiple benefits for health, as well as for cognitive and motor development in children and adolescents, and the latest research and scientific studies reflect the evolution of the field and the growing interest in this area. Nevertheless, there continues to be a need to keep researching this topic. Through this Special Issue, we aim to disseminate quality research related to the effects of physical activity on physical and psychological outcomes in children and adolescents. Authors are invited to submit original research (empirical, quantitative, or qualitative) manuscripts, as well as systematic reviews or meta-analyses. All of them will be welcome as long as they deepen and expand the understanding of how physical activity relates to one or more of these topics: obesity; healthy habits; cognitive functions; psychology; academic performance; health; stress; well-being.



mdpi.com/si/206724

Special Issue



children



an Open Access Journal by MDPI

Editor-in-Chief

Prof. Dr. Paul R. Carney

Departments of Child Health and Neurology, University of Missouri, 400 Keene Street, Columbia, MO 65211, USA

Message from the Editor-in-Chief

You are invited to contribute a research article or comprehensive review for consideration and publication in *Children* (ISSN 2227-9067). *Children* is an open access journal—research articles, reviews, and other content are published online immediately after acceptance. The scientific community and the general public have unlimited free access to the content as soon as it is published. The journal focuses on sharing clinical, epidemiological, and translational science relevant to children's health. We would be pleased to welcome you as one of our authors.

Author Benefits

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

High Visibility: indexed within [Scopus](#), [SCIE \(Web of Science\)](#), [PubMed](#), [PMC](#), [Embase](#), and [other databases](#).

Journal Rank: JCR - Q2 (Pediatrics) / CiteScore - Q2 (Pediatrics, Perinatology and Child Health)

Contact Us

Children Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

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

mdpi.com/journal/children
children@mdpi.com