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

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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.



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Special Issue



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Message from the Editor-in-Chief

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