

Special Issue

Physical Activity and Fitness in the Health Promotion of Children and Adolescents

Message from the Guest Editors

We are pleased to invite you to send manuscripts will contribute to the field of health promotion from the point of view of physical education. In this Special Issue, original research articles and reviews are welcome. Research areas may include (but are not limited to) the following:

- health interventions from the educational field;
- sport and fitness as a vehicle for the improvement of health;
- psychological aspects associated with the improvement of health in children and adolescents;
- theoretical reviews on physical activity, sports, fitness, education, and health in children and young people;
- active methodologies that promote physical activity and movement;
- methods of relaxation, breathing, and mindfulness, which seek to develop physical and mental health; and research on physical activity and health.

We look forward to receiving your contributions.

Guest Editors

Dr. José Eugenio Rodríguez Fernández
Prof. Dr. Rubén Navarro Patón
Dr. Martín Barcala-Furelos

Deadline for manuscript submissions

1 December 2026



Healthcare

an Open Access Journal
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Impact Factor 2.7
CiteScore 5.5
Indexed in PubMed



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About the Journal

Message from the Editor-in-Chief

Healthcare is an international, peerreviewed, open access, multidisciplinary journal. Original research articles, short communications, review articles, and symposium highlights are welcomed.

Healthcare hopes to influence global health and disease aspects, and hopes to gain high visibility and acceptance by the scientific and healthcare community and will dedicate itself to covering special and specific topics in special issues.

We would be pleased to welcome you as one of our authors.

Editor-in-Chief

Prof. Dr. Lorraine S. Evangelista

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Author Benefits

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Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 22.4 days after submission; acceptance to publication is undertaken in 2.9 days (median values for papers published in this journal in the second half of 2025).