



Health Promotion: Physical Education in Children and Youth

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Message from the Guest Editor

In recent years, the World Health Organization has been warning of the serious health problems deriving from the lack of physical activity in children and youth. The rates of overweight and obesity associated with a sedentary lifestyle are on the rise, and, although mechanisms are assumed to remedy it, the administration and families have not quite identified a remedy to this problem. This Special Issue aims to promote contributions pertaining to physical activity and health in children and young people.

Potential topics include, but are not limited to, the following:

- School physical education.
- Sport as a vehicle for inclusion and improvement of health.
- Psychological aspects associated with the improvement of health in children and adolescents.
- Theoretical reviews on physical activity, sports, 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.
- Research on physical activity and health.





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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.

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