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Motor Competence in Children and Adolescents

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Message from the Guest Editors

Motor competence is a growing area of research due to its positive association with a plethora of health and developmental-related outcomes. The development of motor competence is the foundation for lifelong engagement in physical activity and sport, and it is known that early life experiences are essential to build strong motor and neurodevelopmental trajectories and to adopt healthy lifestyles.

This Special Issue on Motor Competence in Children and Adolescents is an opportunity to push forward scientific knowledge by addressing research gaps and by postulating future research questions aiming to improve our understanding of health, growth, and developmental-related associations and determinants of appropriate levels of motor competence.









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Message from the Editor-in-Chief

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