



Benefits of Physical Activity in Developmental Age: Improve Psychological Wellbeing and Reduce Diseases Risk in Life Span

Guest Editors:

Dr. Ambra Gentile

Department of Psychology,
Educational Sciences and
Human Movement, University of
Palermo, 90133 Palermo, Italy

Prof. Dr. Marianna Alesi

Department of Psychology,
Educational Science and Human
Movement, University of
Palermo, Viale delle Scienze, Ed.
15, 90128 Palermo, Italy

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Message from the Guest Editors

Physical activity practised during childhood and adolescence produces positive effects upon physical and psychological development. In particular, physical activity during growth shapes the psychological assets in terms of cognitive functioning, mood regulation, and socio-emotional processes for children presenting either typical or atypical development. Therefore, the current Special Issue aims to collect studies highlighting the benefits of physical activity in terms of cognitive, mood, and socio-emotional improvements. Potential topics include, but are not limited to: Strengthening cognitive functioning through physical activity during growth; The effect of physical activity in youth upon mood regulation; Socio-emotional processes in children involved in physical activity; Psychological benefits of physical activity for children with disability; Long-term psychological benefits of physical activity practised in youth; Gender differences in the effects of physical activity concerning cognitive, emotional, and/or social development; Social cognitive mechanisms involved in children's sport behaviour (e.g., moral development, moral disengagement).





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Prof. Dr. Paul B. Tchounwou

RCMI Center for Urban Health
Disparities Research and
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University, 1700 E. Cold Spring
Lane, Baltimore, MD 21251, USA

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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MDPI, Grosspeteranlage 5
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