



## Sports Science with Children's Lifestyle and Physical Fitness

Guest Editors:

**Prof. Dr. Hyunshik Kim**  
Faculty of Sports Education,  
Sendai University, Sendai  
9891693, Japan

**Dr. Jiameng Ma**  
Faculty of Sports Education,  
Sendai University, Sendai  
9891693, Japan

Deadline for manuscript  
submissions:  
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### Message from the Guest Editors

The study of the promotion of physical activity, improvement of sleep quality, and reducing sedentary behavior to improvement of physical fitness has become an emerging trend in the field, as more and more researchers have conducted investigations in this area of inquiry. Potential topics include, but are not limited to:

Lifestyle and physical fitness

Lifestyle and fundamental movement skills

Isotemporal Substitution Analysis and lifestyle

Physical activity, sleep duration, and screen time

Body composition, and physical fitness

24-hour movement guideline

Lifestyle and health-related quality of life in children

The difference in physical fitness between urban and rural areas

We want to encourage all investigators who work in this field to submit original research, reviews, systematic reviews, and meta-analyses to this Special Issue to broaden our knowledge and open new research directions.





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## Editor-in-Chief

**Prof. Dr. Paul B. Tchounwou**  
RCMI Center for Urban Health  
Disparities Research and  
Innovation, Richard N. Dixon  
Research Center, Morgan State  
University, 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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*International Journal of  
Environmental Research and Public  
Health* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
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