



Motor Competence and Physical Fitness in the Promotion of an Active and Healthy Lifestyle in Children and Adolescents

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Message from the Guest Editors

Insufficient physical activity is a major threat to future public health. In addition to the well-established detrimental effects on health and well-being, low activity levels have been associated with a decline in motor competence and physical fitness, which may affect future lifestyle habits. In fact, it has been argued that poor motor competence and low physical fitness have impaired current intervention strategies targeting physical activity. This Special Issue aims to highlight the potential of motor competence and physical fitness during childhood and adolescence for the promotion of an active and health lifestyle.

Manuscripts for consideration in this Special Issue can either describe original research or review the scientific literature. In addition, we welcome manuscripts that discuss theoretical models informing the design of interventions that target motor competence and physical fitness for the promotion of an active and healthy lifestyle.





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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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