



Physical Education and Healthy Habits in Children and Adolescents through Models-Based Practice

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Deadline for manuscript submissions:

closed (31 July 2021)

Message from the Guest Editors

Grounded on model-based practice in physical education and its importance in promoting healthy habits in children and adolescents, this Special Issue aims to show the different cross-sectional, longitudinal, and intervention programs that are developed in the context of physical education, as well as physical activity and sports in children, based on the use of different pedagogical models (personal and responsibility model, teaching games for understanding, cooperative learning, etc.).

The Special Issue will be situated in the existing literature, emphasizing new studies and results with different instruments and designs. In this regard, it is pivotal to note the importance and novelty of the treatment of physical activity and sport with the aim to promote public health, as well as their positive consequences. Moreover, the study of the environment in the physical education context is of interest for researchers and readers. Finally, different professionals from different areas (medicine, psychology, motor control, etc.) are welcome to submit their articles, giving this Special Issue a wide range of interest for investigators from all over the world.





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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. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

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Environmental Research and Public
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