



Physical and Sport Education, Physical Activity and Health Promotion

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Message from the Guest Editor

Physical and sports education is a subject aimed at transforming students' potential and available resources to help them act and progress efficiently and effectively in society. In secondary schools, mainly during the first cycle of observations, adolescents aged 10-13 years improve and integrate movements and gestures acquired in primary school while adapting them to the new organic and muscle strength requirements. Physical and sport education enables students to master their motor behaviours.

Health promotion can be understood in different ways in relation to physical activity, and this Special Issue aims to explore this relation. The Special Issue focuses on research such as:

- Health promotion through physical and sport activity (for health, for development, for social change, using physical and sport activity as a tool for health promoting outcomes or sustainable development goals);
- Health promotion in physical and sport;
- Health promotion in relation to emerging concepts within the field such as physical literacy, health genesis, social capital or other perspectives that could broaden our understanding of health promotion throughout physical and sport activity.





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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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