



Motor Competence, Physical Activity and Health

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Deadline for manuscript submissions:

closed (31 December 2021)

Message from the Guest Editors

Dear Colleagues,

This issue will focus on the dynamic relationship between motor competence (MC) (actual and perceived), physical activity, physical fitness, and health, with a special, but not exclusive, focus on healthy weight. We are interested in exploring all the relationships between motor competence and several factors that may be associated with it, including physical health, mental health, academic success, cognitive function and sports success (retention and dropout in sport). MC is defined as the proficiency to execute a broad range of motor skills and associated factors related to motor coordination and control. MC has been identified as an important factor related to physical activity level and healthy weight development. Low levels of MC may contribute to reduced movement opportunities, physical fitness and perceived MC. MC may also explain other outcomes, for example, academic achievement, cognitive function, and other health outcomes. It may also explain the success in youth sport participation. We will give special attention to longitudinal and intervention studies; however, cross-sectional studies are also welcome.

