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Physical Activity for Health in Youth

Guest Editors:

Dr. Lorayne Woodfield

Health and Behavioural Sciences,
Newman University Birmingham,
UK

Dr. Emma Powell

Faculty of Education, Newman
University Birmingham, UK

Dr. Peter Collins

University of Wolverhampton, UK

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Message from the Guest Editors

Current levels of physical activity during childhood and adulthood are insufficient to maintain good health, so much so that physical inactivity is recognised as the fourth leading cause of global mortality. Furthermore, the prevalence of obesity- and inactivity-related health conditions, such as type II diabetes mellitus is increasing among youth populations. Physical inactivity during childhood is of particular interest as participation in physical activity during childhood can provide a number of physical, social and psychological benefits, and patterns of physical activity and healthy lifestyles acquired during childhood and adolescence are more likely to be maintained throughout the life-span.

The aim of this Special Issue is to increase understanding of the associations between physical activity and health in youth with special consideration to the contributions made by different environments and organisations to physical activity participation. It is hoped that the sharing of knowledge may inform policy and practice to provide greater opportunities for children and adolescents to be physically active, which will benefit their health and life chances.



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Special Issue



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Editor-in-Chief

Prof. Dr. Eling Douwe De Bruin

1. Institute of Human Movement
Sciences and Sport, IBWS ETH,
HCP H 25.1, Leopold-Ruzicka-
Weg 4, CH-8093 Zürich,
Switzerland
2. Karolinska Institutet,
Stockholm, Sweden

Message from the Editor-in-Chief

Sports (ISSN 2075-4663) is a peer-reviewed scientific journal that publishes original articles, critical reviews, research notes and short communications in the interdisciplinary area of sport sciences and public health. It links several scientific disciplines in an integrated fashion, to address critical issues related to sport science and public health. The journal presents diverse original articles, including systematic and narrative reviews, cohort and case control studies, innovative randomized trials, and formative research using qualitative and quantitative methods with the aim to provide information for researchers to plan intervention programs. It addresses diverse public health, physical activity and exercise science topics.

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Contact Us

Sports Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
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