



Health, Sport, Physical Activity and Education: Innovations in Improving the Quality of Life of Children and Adolescents

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Deadline for manuscript submissions:

30 June 2025

Message from the Guest Editors

Dear colleagues,

We are facing a society in which the rates of obesity and overweight are very high, and we are aware of the number of problems regarding both physical and mental health that these conditions bring with them. However, from the field of education and, more specifically, physical education and extracurricular activities, efforts have been made to reduce sedentary lifestyle rates and increase the intention to perform physical activity, and with it, improve the quality of life of people.

We are pleased to invite any researcher in the field of health or social sciences to contribute to this SI, as well as anyone interested in making their research known in order to contribute to social development and the progress of research.

Research areas may include (but are not limited to) the following:

Systematic reviews or meta-analyses on physical education or physical activity in children and/or adolescents.

Differentiation studies between gender or age in aspects related to physical activity and psychology.

Interventions with active methodologies.

Interventions with populations in contexts outside of formal education.

Research in extracurricular sport activities.





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Message from the Editor-in-Chief

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