



## Physical Education and Health at School Age

Guest Editors:

**Dr. Juan Manuel García-Ceberino**

Optimization of Training and Sports Performance Research Group (GOERD), University of Extremadura, 10003 Cáceres, Spain

**Prof. Dr. Sebastián Feu**

Research Group in Optimization of Training and Sports Performance, Faculty of Education, University of Extremadura, 06006 Badajoz, Spain

**Dr. María de Gracia Gamero**

Optimization of Training and Sports Performance Research Group (GOERD), University of Extremadura, 10003 Cáceres, Spain

### Message from the Guest Editors

This Special Issue offers researchers the opportunity to publish multidisciplinary research regarding the importance and incidence of physical education in today's society. We are interested in high-quality original research, review papers or study protocols related to the practice of physical activity (sports) to generate healthy lifestyle habits that favor an adequate quality of life and prevent diseases, such as childhood obesity. The nature of this subject transversally allows improvement in other curricular subjects. It also generates suitable spaces for the development of sports learning and constructive conflict resolution. Therefore, papers that analyze the relationships between teaching methodology, sports learning and academic performance are also welcomed. Potential topics include, but are not limited to: Innovation and teaching methodologies; Motor skills and sports analysis; Physical fitness, health and quality of life; Healthy habits and lifestyles in relation to physical activity; Academic performance and co-education; Evaluation instruments.

Deadline for manuscript  
submissions:

**closed (31 December 2023)**



[mdpi.com/si/126588](https://mdpi.com/si/126588)

# Special Issue



an Open Access Journal by MDPI

## Editor-in-Chief

**Prof. Dr. Paul B. Tchounwou**

RCMI Center for Urban Health  
Disparities Research and  
Innovation, Richard Dixon  
Research Center, Morgan State  
University, 1700 E. Cold Spring  
Lane, Baltimore, MD 21251, USA

## 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.

## Author Benefits

**Open Access:** free for readers, with article processing charges (APC) paid by authors or their institutions.

**High Visibility:** indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPus / SciFinder, and other databases.

**Journal Rank:** CiteScore - Q1 (*Public Health, Environmental and Occupational Health*)

## Contact Us

---

International Journal of  
Environmental Research and Public  
Health Editorial Office  
MDPI, St. Alban-Anlage 66  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
[www.mdpi.com](http://www.mdpi.com)

[mdpi.com/journal/ijerph](http://mdpi.com/journal/ijerph)  
[ijerph@mdpi.com](mailto:ijerph@mdpi.com)  
[X@IJERPH\\_MDPI](https://twitter.com/IJERPH_MDPI)