



Health Promotion in Children and Adolescents through Sport and Physical Activities

Guest Editor:

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Message from the Guest Editor

I made the important decision to handle a Special Issue because I believe it to be extremely crucial to focus on proper children's and adolescents' physiological and psychological development. The idea is to collect research that investigate the role of physical activity and sport on physical and mental well-being, with particular focus on practical implications, innovation, tools, and technique development. The Special Issue, "Health Promotion in Children and Adolescents through Sport and Physical Activities" addresses paediatric exercise science as a key scientific discipline able to help future generations to live longer and better. I want just to mention the fact that it is already clear that sedentariness and a low level of muscular strength and power significantly affects cognitive functions and daily relations, but it can be of interest to understand what the key determinants are and how we can help professionals to better manage those concerns in their daily activities. Authors are invited to submit letters, original research papers, case studies, meta-analyses, and systematic reviews.

