

Special Issue

Children's Exercise Medicine: Bridging Science and Healthy Futures

Message from the Guest Editors

Over the years, the concept of health has evolved significantly. What once meant the absence of illness now encompasses a holistic understanding of mental, social, and physical well-being. This shift is particularly critical for children, as the rise in sedentary lifestyles among young populations not only threatens the development of motor skills but also contributes to an increased prevalence of physical and mental health challenges. This Special Issue, “Children's Exercise Medicine: Bridging Science and Healthy Futures”, aims to present cutting-edge research on the effects of physical exercise and its potential benefits for children's health and development. We invite submissions that explore methodological and instrumental innovations, highlight evidence-based interventions, and propose actionable strategies to support health promotions and reviews that cover novel insights in children's exercise medicine. Through these insights, this Special Issue seeks to bridge science with practice, paving the way for healthier futures for children worldwide.

Guest Editors

Dr. Andrew Sortwell

Prof. Dr. Daniel Almeida Marinho

Dr. Ben G. Piggott

Prof. Dr. Ricardo Manuel Pires Ferraz

Dr. Jenny Conlon

Deadline for manuscript submissions

30 May 2026



Applied Sciences

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 5.5



mdpi.com/si/231607

Applied Sciences
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
applsci@mdpi.com

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Message from the Editor-in-Chief

As the world of science becomes ever more specialized, researchers may lose themselves in the deep forest of the ever increasing number of subfields being created. This open access journal *Applied Sciences* has been started to link these subfields, so researchers can cut through the forest and see the surrounding, or quite distant fields and subfields to help develop his/her own research even further with the aid of this multi-dimensional network.

Editor-in-Chief

Prof. Dr. Giulio Nicola Cerullo
Dipartimento di Fisica, Politecnico di Milano, Piazza L. da Vinci 32,
20133 Milano, Italy

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