



children



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Physical Education and Exercise Promotion and Intervention in Children and Adolescents for Health and Wellbeing

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Message from the Guest Editor

Dear Colleagues,

You are invited to contribute your work to this Special Issue on “Physical Education and Exercise Promotion and Intervention in Children and Adolescents for Health and Wellbeing”.

Maintaining appropriate levels of physical activity (PA) and physical fitness is essential in developing healthy lifestyles in children and adolescents. To promote health, wellness and fitness in young people, researchers must develop appropriate strategies that are consistent with individual needs, interests and skills. Schools, via the curriculum, school ethos and community, are an ideal context for educating young people about the importance of PA and the value of achieving and/or maintaining health-related fitness standards and for building the necessary skills for long-term behaviour change and healthy lifestyles.

The scope of the SI is to collect the most recent studies and projects aimed at increasing knowledge and research experiences carried out in socio-educational context and based on physical activity and sports programs addressed to children and adolescents’ physical education for prevention of risks and promotion of health and wellbeing.



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Special Issue