

## Special Issue

# Movement Behaviors and Health-Related Physical Fitness in Pediatric Population

### Message from the Guest Editor

Twenty-four-hour movement behaviors (physical activity, sedentary behavior, and sleep) are directly linked to indicators of physical and mental health in the pediatric population. The prevalence of children and adolescents meeting the 24-hour movement behavior recommendations remains low worldwide, and thus, it is considered a public health challenge. Continuous research on these topics in the pediatric population is essential, as proper growth and development in children result from adequate levels of 24-hour movement behaviors and the improvement of health-related physical fitness components.

This Special Issue aims to gather evidence on 24-hour movement behaviors and on the components of health-related physical fitness in children and adolescents.

Authors are invited to contribute to this issue by submitting original research, review articles and meta-analyses related to the movement behaviors and/or health-related physical fitness of children and adolescents.

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### Guest Editor

Dr. Diego Augusto Santos Silva

Research Center Kinanthropometry and Human Performance, Sports Center, Federal University of Santa Catarina, Florianópolis 88040-900, Brazil

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### Deadline for manuscript submissions

closed (10 May 2025)



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## About the Journal

### Message from the Editor-in-Chief

You are invited to contribute a research article or comprehensive review for consideration and publication in *Children* (ISSN 2227-9067). *Children* is an open access journal—research articles, reviews, and other content are published online immediately after acceptance. The scientific community and the general public have unlimited free access to the content as soon as it is published. The journal focuses on sharing clinical, epidemiological, and translational science relevant to children's health. We would be pleased to welcome you as one of our authors.

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### Editor-in-Chief

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