

## Special Issue

# Physical Education, Physical Activity and Sport for Children and Youth

### Message from the Guest Editors

Insufficient levels of physical activity in youth are a major health concern, with children and adolescents across the world not meeting the current physical activity recommendations developed by the World Health Organization (i.e., at least 60 minutes of moderate-to-vigorous physical activity). At this time, increasing young people's physical activity levels is crucial so as to achieve all the health and social benefits it offers. There are several domains that compose active living where physical activity could be increased, including household activities, occupational activities (as school), recreational activities and transportation. Consequently, in a school context, physical education lessons and teachers are particularly important. In this sense, it is crucial to study all that correlates to physical activity during physical education and school days. Moreover, interventions focusing on increasing physical activity in all physical living domains are important to allow for healthier children and healthy future adults. Keywords

- physical education
- physical activity
- children
- adolescents
- youth
- games
- interventions

### Guest Editors

Dr. Francisco Javier Huertas-Delgado

Department of Corporal, Plastic, and Musical Expression, La Inmaculada Teacher Training Centre, University of Granada, 18013 Granada, Spain

Dr. Manuel Herrador-Colmenero

Department of Corporal, Plastic, and Musical Expression, La Inmaculada Teacher Training Centre, University of Granada, 18013 Granada, Spain

### Deadline for manuscript submissions

closed (20 November 2023)



## Children

an Open Access Journal  
by MDPI

Impact Factor 2.1  
CiteScore 3.8  
Indexed in PubMed



[mdpi.com/si/155392](https://mdpi.com/si/155392)

*Children*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[children@mdpi.com](mailto:children@mdpi.com)

[mdpi.com/journal/  
children](https://mdpi.com/journal/children)





# Children

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.1  
CiteScore 3.8  
Indexed in PubMed



[mdpi.com/journal/  
children](https://mdpi.com/journal/children)



## 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.

---

### Editor-in-Chief

Prof. Dr. Paul R. Carney  
Departments of Child Health and Neurology, University of Missouri, 400  
Keene Street, Columbia, MO 65211, USA

---

### Author Benefits

#### Open Access

— free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, PMC, Embase, and other databases.

#### Journal Rank:

JCR - Q2 (Pediatrics) / CiteScore - Q2 (Pediatrics, Perinatology and Child Health)