

## Special Issue

# Promotion of Physical Activity in Children and Adolescents from the School Setting

### Message from the Guest Editors

The promotion of physical activity in children and adolescents has been crucial in recent decades, as it has shown beneficial effects on their health (body composition, physical fitness, or psychological state). Despite the available scientific evidence, few studies are based on the promotion of physical activity in the educational environment, which is the place where children and adolescents spend most of their time. For this reason, this Special Issue aims to collect cross-sectional and longitudinal scientific articles, as well as systematic reviews, showing how the promotion of physical activity in school settings can have a relevant impact on adolescent health. Some examples could be active recesses, the promotion of out-of-school physical activity, or awareness talks on healthy habits and how they impact health.

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### Guest Editors

Dr. Adrián Mateo-Orcajada

Prof. Dr. Raquel Vaquero-Cristobal

Dr. Mario Demófilo Albaladejo-Saura

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### Deadline for manuscript submissions

20 November 2025



## Children

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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

Prof. Dr. Paul R. Carney

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