

Special Issue

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

Message from the Guest Editor

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.

Guest Editor

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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.

Editor-in-Chief

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