

## Special Issue

# Physical Education, Physical Activity, and Health Education in Children and Adolescents

### Message from the Guest Editors

The adoption of a healthy lifestyle (such as high physical activity, low sedentary behavior, optimal sleep duration, good eating patterns, etc.) has been associated with physical, social, mental, and cognitive benefits in children and adolescents. Physical education classes contribute to the promotion of these behaviors by increasing the level of physical activity and reducing sedentary time (i.e., directly), and can also provide health-related skills and knowledge that empower young people to be healthy outside school (i.e., indirectly).

Although studies related to the promotion of healthy habits within physical education are welcome, consideration will also be given to the following topics that need further research within physical education: 1) school-based interventions based on motivational theories to promote physical activity inside or outside physical education classes, 2) consequences associated with the use of different pedagogical models and formative assessment in physical education, and 3) new methodologies used in the context of physical education.

### Guest Editors

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### Deadline for manuscript submissions

closed (20 February 2023)



## Children

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### 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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