



Didactics of Physical Education and Sport

Guest Editors:

Dr. Pedro Valdivia-Moral

Faculty of Education,
Department of Didactics of
Musical, Plastic and Body
Expression, University of
Granada, 18071 Granada, Spain
pvaldivia@ugr.es

Dr. Jose Luis Ubago

Faculty of Education,
Department of Didactics of
Musical, Plastic and Body
Expression, University of
Granada, 18071 Granada, Spain
jlubago@ugr.es

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Message from the Guest Editors

Dear Colleagues,

Health problems have become a worldwide pandemic. In this sense, Physical Education and its didactics is one of the great tools to face this problem. From an early age, healthy patterns can be established that last over time. In this way, if we have healthy children and young people, we can have healthy adults.

The main objectives of this Special Issue are to deepen the didactics of Physical Education in schoolchildren, adolescents, and adults. In addition, this issue will accept review articles and descriptive or experimental research that provide relevant knowledge on the subject. In short, this issue will focus on new didactic techniques and the promotion of physical activity practice.

Prof. Dr. Pedro Valdivia-Moral
Prof. Dr. Jose Luis Ubago
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