

## Special Issue

# Exploring the Psycho-Social Dimensions of Physical Education: Connecting Mind, Body, and Society

### Message from the Guest Editors

Physical education has traditionally focused on physical fitness, motor skills, and sports performance. In recent years, there has been a growing recognition of the psycho-social aspects that influence participation, engagement, and achievement in PE contexts. Research has shown that psychological factors such as motivation, self-esteem, and mental well-being play critical roles in shaping learners' experiences in PE. Social factors—such as peer interactions, teacher–learner relationships, and societal norms—can significantly influence both individual and group dynamics in PE. This Special Issue will explore how psychological and social factors shape experiences and outcomes in PE, with a particular emphasis on the broader social influences that interact with physical activity, motivation, physical literacy, well-being, and inclusion. Our aim is to bring together interdisciplinary research studies that address psycho-social dynamics within PE settings, focusing on topics such as identity, motivation, social inclusion, self-esteem, mental health, and social interactions. We encourage contributions using qualitative and mixed methods to explore these themes.

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### Guest Editors

Dr. Lowri C Edwards

Dr. Ruan Jones

Dr. Daniel Milton

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### Deadline for manuscript submissions

12 January 2026



## Education Sciences

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## About the Journal

### Message from the Editor-in-Chief

From its first issue in 2011, *Education Sciences* (ISSN 2227-7102) has grown as a scholarly international open access journal. Its aim remains to publish extended full-length research papers that have the scope to substantively address current issues in education. As a member of the Committee on Publication Ethics (COPE), our goal has been to disseminate high quality research. Our publisher, MDPI, takes the responsibility to enforce a rigorous double-blind peer-review together with strict ethical policies and standards to ensure to add high quality scientific works to the field of scholarly publication.

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### Editor-in-Chief

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#### High Visibility:

indexed within Scopus, ESCI (Web of Science), Educational Research Abstracts, PsycInfo, and other databases.

#### Journal Rank:

JCR - Q1 (Education and Educational Research) / CiteScore  
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#### Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 29.2 days after submission; acceptance to publication is undertaken in 3.9 days (median values for papers published in this journal in the first half of 2025).