

Special Issue

Physical Activity and Fitness in the Health Promotion of Children and Adolescents

Message from the Guest Editors

We are pleased to invite you to send manuscripts will contribute to the field of health promotion from the point of view of physical education. In this Special Issue, original research articles and reviews are welcome. Research areas may include (but are not limited to) the following:

- health interventions from the educational field;
- sport and fitness as a vehicle for the improvement of health;
- psychological aspects associated with the improvement of health in children and adolescents;
- theoretical reviews on physical activity, sports, fitness, education, and health in children and young people;
- active methodologies that promote physical activity and movement;
- methods of relaxation, breathing, and mindfulness, which seek to develop physical and mental health; and research on physical activity and health.

We look forward to receiving your contributions.

Guest Editors

Dr. José Eugenio Rodríguez Fernández

Prof. Dr. Rubén Navarro Patón

Dr. Martín Barcala-Furelos

Deadline for manuscript submissions

1 December 2025



Healthcare

an Open Access Journal
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Impact Factor 2.7
CiteScore 4.7
Indexed in PubMed



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About the Journal

Message from the Editor-in-Chief

Healthcare is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with Healthcare and its members receive discounts on article processing charges.

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manuscripts are peer-reviewed and a first decision is provided to authors approximately 21.5 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the first half of 2025).