

Special Issue

Physical Activity in Childhood and Adolescence: Preventing Health Risks Through Sport and Diagnosis

Message from the Guest Editors

This Special Issue focuses on the role of physical activity as both a preventive and diagnostic tool. We are particularly interested in research on the impact of various forms of movement—including sports, recreational activities, and age-appropriate exercise—on the physical and mental health of children and adolescents. We seek innovative approaches such as fitness assessment technologies, personalized physical activity programs, and long-term analyses of the effects of movement on youth development. We invite submissions on movement interventions, physical fitness diagnostics, and strategies promoting an active lifestyle among children and adolescents. Suggested topics include the prevention of lifestyle diseases, mental health, modern activity assessment technologies, and health policy in education. We hope that the collected research will contribute to a better understanding of the role of physical activity in shaping the health of future generations.

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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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