

Special Issue

Promoting Children's Health Through Movement Behavior

Message from the Guest Editors

Early childhood is a time of rapid physical and mental development, during which a child's lifestyle habits are formed and changes and adaptations are made to the environment. To maintain and promote the optimal health status of preschool children, it is important to increase physical activity, reduce screen time, and ensure sufficient sleep duration within each 24-hour period. For children, the development of gross motor skills is beneficial to their physical health, mental cognition, and social adaptation, ultimately contributing to an active lifestyle. The focus of this Special Issue will include the following:

- Movement behavior and physical fitness;
- Movement behavior and fundamental movement skills;
- Isotemporal substitution analysis and movement behavior;
- Body composition and physical fitness;
- Movement behavior and health-related quality of life;
- Health risks associated with insufficient movement behavior.

We aim to encourage researchers in this field to submit original research, reviews, systematic reviews, and meta-analyses to broaden our understanding and explore new research directions. We look forward to receiving your contributions.

Guest Editors

Prof. Dr. Hyunshik Kim

Faculty of Sports Education, Sendai University, Sendai 9891693, Japan

Dr. Jiameng Ma

Faculty of Sports Education, Sendai University, Sendai 9891693, Japan

Deadline for manuscript submissions

1 May 2026



Healthcare

an Open Access Journal
by MDPI

Impact Factor 2.7
CiteScore 4.7
Indexed in PubMed



mdpi.com/si/210082

Healthcare
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
healthcare@mdpi.com

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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.

Editor-in-Chief

Prof. Dr. Lorraine S. Evangelista

Sue & Bill Gross School of Nursing, University of California, Irvine, CA
92697, USA

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