



Health-Related Quality of Life and Physical Activity in Children and Adolescents

Guest Editors:

Prof. Dr. Jorge Pérez-Gómez

**Prof. Dr. Germán Vicente-
Rodríguez**

Dr. Jorge Carlos-Vivas

Dr. José Carmelo Adsuar

Deadline for manuscript
submissions:
closed (31 December 2021)

Message from the Guest Editors

Regular physical activity offers many health benefits in children and adolescents, helping to manage some conditions such as obesity, diabetes, and hyperactivity. A higher level of physical fitness has also been associated with higher academic performance in children.

Several studies found a relationship between physical activity and health-related quality of life (HRQOL), so it is important to increase the level of physical activity in order to improve HRQOL in youths. HRQOL can be measured by either objective or subjective ways.

Therefore, the purpose of this Special Issue is to document progress in the knowledge of how physical activity practice can improve HRQOL in children and adolescents.





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Editor-in-Chief

Prof. Dr. Paul B. Tchounwou

RCMI Center for Urban Health
Disparities Research and
Innovation, Richard Dixon
Research Center, Morgan State
University, 1700 E. Cold Spring
Lane, Baltimore, MD 21251, USA

Message from the Editor-in-Chief

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Journal Rank: CiteScore - Q1 (*Public Health, Environmental and Occupational Health*)

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MDPI, St. Alban-Anlage 66
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