



## Sports Pedagogy and Physical Education Practises for Health

Guest Editors:

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**Dr. Pedro Miguel Forte**

**Dr. Ricardo Ferraz**

Deadline for manuscript  
submissions:  
**closed (31 August 2023)**

### Message from the Guest Editors

Currently, it seems to be widely accepted in society that regular physical activity is an essential component of a healthy lifestyle and that this should be encouraged from an early age. Therefore, the enhancement of the teaching process in physical education classes plays a fundamental role in stopping the signs of a decrease in the level of motor skill and an increase in pathologies as a consequence of the decrease in the level of physical activity in young populations verified over the last few decades. Younger populations must grow based on sustained development that allows them to reach their full physical and cognitive potential. Therefore, structured intervention programs during physical education classes can be a good strategy for optimizing general motor development, health and for promoting healthy lifestyles and habits. Authors are invited to contribute to this Special Issue by submitting reviews and descriptive or experimental studies of high quality, focusing on physical education intervention programs in school environments with assumed pedagogical innovation and potential benefits for health.





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## Editor-in-Chief

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## Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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