Special Issue

Sports Science with Children's Lifestyle and Physical Fitness

Message from the Guest Editors

The study of the promotion of physical activity, Improvement of sleep quality, and reducing sedentary behavior to Improvement of physical fitness has become an emerging trend in the field, as more and more researchers have conducted investigations in this area of inquiry. Potential topics include, but are not limited to:

Lifestyle and physical fitness
Lifestyle and fundamental movement skills
Isotemporal Substitution Analysis and lifestyle
Physical activity, sleep duration, and screen time
Body composition, and physical fitness
24-hour movement guideline
Lifestyle and health⊠related quality of life in children
The difference in physical fitness between urban and

We want to encourage all investigators who work in this field to submit original research, reviews, systematic reviews, and meta-analyses to this Special Issue to broaden our knowledge and open new research directions.

Guest Editors

rural areas

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

closed (25 November 2022)



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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. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed 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 journal.

Editor-in-Chief

Prof. Dr. Paul R. Ward

Centre for Public Health, Equity and Human Flourishing, Torrens University Australia, Adelaide 5000, Australia

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