

## 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 rural areas

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

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### Deadline for manuscript submissions

closed (25 November 2022)



## International Journal of Environmental Research and Public Health

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## About the Journal

### 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.

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### Editor-in-Chief

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