

## Special Issue

# Younger Children's Physical Fitness, Motor Ability and Physical Activity

### Message from the Guest Editors

Physical fitness, motor ability development, and PA are closely related to each other from early childhood to adulthood. In the dynamic correlation between PA and motor skill development level, physical fitness may be a vital intermediary factor that cannot be ignored. This correlation may be relatively weak in the early life of an individual, but it will grow with age. On the other hand, childhood PA is a crucial determinant of the development of motor skills and physical fitness level. Obtaining and accumulating all kinds of exploratory sports experience in early life can promote formation and maturity of children's basic motor pattern, further inspire children to participate in PA, and have a positive effect on physical fitness levels. Investigation in PA, physical fitness, and motor development as well as its complex correlation with age will have significant and long-term influence on promoting children's and adolescents' PA, obesity intervention, and health promotion.

---

### Guest Editors

Prof. Dr. Patrick W. C. Lau

Department of Sport & Physical Education, Hong Kong Baptist University, Kowloon Tong, Hong Kong, China

Dr. Jingjing Wang

National Physical Fitness Research Center, China Institute of Sport Science, Beijing 100061, China

---

### Deadline for manuscript submissions

closed (31 December 2020)



## International Journal of Environmental Research and Public Health

---

an Open Access Journal  
by MDPI

---

CiteScore 8.5  
Indexed in PubMed



[mdpi.com/si/29848](https://mdpi.com/si/29848)

*International Journal of  
Environmental Research and  
Public Health*

Editorial Office

MDPI, Grosspeteranlage 5

4052 Basel, Switzerland

Tel: +41 61 683 77 34

[ijerph@mdpi.com](mailto:ijerph@mdpi.com)

[mdpi.com/journal/](https://mdpi.com/journal/)

[ijerph](https://www.ijerph.com)





# International Journal of Environmental Research and Public Health

---

an Open Access Journal  
by MDPI

---

CiteScore 8.5  
Indexed in PubMed



[mdpi.com/journal/  
ijerph](https://mdpi.com/journal/ijerph)



## 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.

---

### Editor-in-Chief

Prof. Dr. Paul R. Ward

School of Society and Culture, Adelaide University, Adelaide 5001,  
Australia

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPlus / SciFinder, and other databases.

#### Journal Rank:

CiteScore - Q1 (Public Health, Environmental and Occupational Health)