

Special Issue

Tailoring Physical Activity for the Health and Development of Children and Adolescents

Message from the Guest Editor

This Special Issue aims to explore the role of physical activity in the health and comprehensive development of children and adolescents, addressing both its benefits and the challenges in its implementation. Original articles, systematic reviews, and meta-analyses that examine the impact of physical activity on physical, cognitive, social, and emotional development at early ages are invited. Priority will be given to studies that analyze innovative strategies for promoting physical activity in school, family, and community environments, as well as research on the adaptation of programs to populations with specific needs, such as children with disabilities, chronic diseases, or those at risk of social exclusion. Articles that analyze the relationship between physical activity and disease prevention, academic performance, psychological well-being, and healthy lifestyle habits in childhood and adolescence are also welcome. This Special Issue seeks to provide an updated, evidence-based view on how to optimize physical activity in order to promote healthy and sustainable development in new generations.

Guest Editor

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Message from the Editor-in-Chief

Editor-in-Chief

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