

Special Issue

Health Promotion in Children and Adolescents through Sport and Physical Activities

Message from the Guest Editor

I made the important decision to handle a Special Issue because I believe it to be extremely crucial to focus on proper children's and adolescents' physiological and psychological development. The idea is to collect research that investigate the role of physical activity and sport on physical and mental well-being, with particular focus on practical implications, innovation, tools, and technique development. The Special Issue, "Health Promotion in Children and Adolescents through Sport and Physical Activities" addresses paediatric exercise science as a key scientific discipline able to help future generations to live longer and better. I want just to mention the fact that it is already clear that sedentariness and a low level of muscular strength and power significantly affects cognitive functions and daily relations, but it can be of interest to understand what the key determinants are and how we can help professionals to better manage those concerns in their daily activities. Authors are invited to submit letters, original research papers, case studies, meta-analyses, and systematic reviews.

Guest Editor

Prof. Dr. Antonino Bianco

Sport and Exercise Sciences Research Unit, Department of Psychology, Educational Science and Human Movement, University of Palermo, 90144 Palermo, Italy

Deadline for manuscript submissions

closed (31 December 2018)



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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
jfmk@mdpi.com

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About the Journal

Message from the Editor-in-Chief

Editor-in-Chief

Prof. Dr. Giuseppe Musumeci

Department of Biomedical and Biotechnological Sciences, Anatomy,
Histology and Movement Sciences Section, School of Medicine,
University of Catania, 95123 Catania, Italy

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Journal Rank:

JCR - Q2 (Sport Sciences) / CiteScore - Q2 (Physical
Therapy, Sports Therapy and Rehabilitation)

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manuscripts are peer-reviewed and a first decision is
provided to authors approximately 26.9 days after
submission; acceptance to publication is undertaken in 1.9
days (median values for papers published in this journal in
the first half of 2025).