

Special Issue

Pathways to Healthy Outcomes: Physical Literacy and Training for Adolescents

Message from the Guest Editor

Promoting lifelong health begins with the development of physical literacy during childhood and adolescence, an essential foundation for sustained wellbeing. Physical literacy involves not only engaging in sports but also cultivating the knowledge, confidence, and motivation necessary for continuous participation in physical activities. This developmental phase is crucial for forming habits that yield healthy outcomes, including reduced risk of chronic diseases and enhanced mental wellbeing.

Training programs targeting adolescents aim to develop fundamental movement skills, which serve as the groundwork for more complex activities and sports.

Educators and coaches are integral to this process, tasked with fostering supportive and inclusive environments. Their role involves promoting understanding of the benefits of physical activity and reinforcing adolescents' confidence and motivation through positive reinforcement. By prioritising physical literacy, we equip adolescents with the skills needed for healthier futures, ensuring they lead active lives and make informed choices concerning their wellbeing.

Guest Editor

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About the Journal

Message from the Editor-in-Chief

Sports (ISSN 2075-4663) is a peer-reviewed scientific journal that publishes original articles, critical reviews, research notes and short communications in the interdisciplinary area of sport sciences and public health. It links several scientific disciplines in an integrated fashion, to address critical issues related to sport science and public health. The journal presents diverse original articles, including systematic and narrative reviews, cohort and case control studies, innovative randomized trials, and formative research using qualitative and quantitative methods with the aim to provide information for researchers to plan intervention programs. It addresses diverse public health, physical activity and exercise science topics.

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