

## Special Issue

# Interventions to Increase Physical Activity and Measurements to Evaluate Performance in Children and Adolescents

### Message from the Guest Editors

Specific considerations and health-related encouragements are fundamental to promoting physical activity (PA) for children and adolescents. International guidelines recommend that children and adolescents should spend at least an average of 60 min per day performing physical activity at moderate-to-vigorous intensity or several hours of a variety of structured and unstructured light PA across the week to lead a correct lifestyle that limits sedentary behavior.

Actually, most children and adolescents demonstrate that they do not satisfy these PA standards, with specific differences between countries. However, no evidence reported that the amount of PA is linearly associated with physical performance, complicating the understanding of a system where factors such as chronological age and relative age effect and biological factors can crucially affect the children's and adolescents' well-being evaluation.

This Special Issue aims to present new analyses of children's and adolescents' performance and PA monitoring, highlighting potential benefits for their health. Papers regarding new PA interventions and fitness/performance measurements will be highly appreciated.

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### Guest Editors

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Dr. Alexandru Nicolae Ungureanu  
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### Deadline for manuscript submissions

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## Sports

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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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### Editor-in-Chief

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