

## Special Issue

# Effects of Physical Education, Exercise, and Sports Interventions on Children and Adolescent Cognition and Academic Achievement

### Message from the Guest Editors

Physical activity, particularly in structured physical education and sports programs, has shown promising results in improving concentration, memory, and executive function, essential for academic performance. These interventions promote holistic development, benefiting both the body and the mind. However, designing and implementing effective, sustainable, and multidisciplinary programs that address cognitive and academic outcomes remains challenging.

This Special Issue aims to provide a collaborative platform for sharing the latest research and evidence from different disciplines to advance our understanding of the relationship between physical activity and cognitive development in youth. We invite authors to submit original research and/or reviews on how well-designed physical education, physical activity, and sports programs can positively impact cognition and academic achievement. Topics may include but are not limited to physical activity's role in improving cognitive functions such as memory, attention, and problem-solving and how educators, parents, and policymakers can support environments that foster physical and cognitive development leading to academic achievement.

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### Guest Editors

Dr. Luis Lopes

Dr. Gabriela Ferreira

Dr. Rute Santos

Dr. Eduarda Sousa-Sá

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### Deadline for manuscript submissions

30 November 2026



## Sports

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*Sports*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[sports@mdpi.com](mailto:sports@mdpi.com)

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## About the Journal

### Message from the Editor-in-Chief

*Sports* (ISSN 2075-4663) is an international, peer-reviewed open access advanced forum for publishing studies related to the interdisciplinary area of sport, exercise and health sciences. Studies focused solely on competitive performance outcomes (e.g., game statistics, records) without direct application to sports training programs will be considered out of scope.

*Sports* publishes reviews, regular research papers, and communications, as well as Special Issues on particular subjects.

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### Editor-in-Chief

Prof. Dr. Eling Douwe De Bruin

1. Institute of Human Movement Sciences and Sport, IBWS ETH, HCP H  
25.1, Leopold-Ruzicka-Weg 4, CH-8093 Zürich, Switzerland

2. Karolinska Institutet, Stockholm, Sweden

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