

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.

Guest Editors

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Deadline for manuscript submissions

31 March 2026



Sports

an Open Access Journal
by MDPI

Impact Factor 2.9
CiteScore 4.1
Indexed in PubMed



mdpi.com/si/220127

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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.

Editor-in-Chief

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manuscripts are peer-reviewed and a first decision is provided to authors approximately 18.7 days after submission; acceptance to publication is undertaken in 3.7 days (median values for papers published in this journal in the first half of 2025).