



Physical Activity, Fitness and Health in School-Aged Youth

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Message from the Guest Editors

Dear Colleagues,

It is known worldwide that physical inactivity and sedentary time have been identified by the World Health Organization as a global public health problem with significant negative health consequences during all stages of life. For instance, low fitness levels have been associated with a higher risk of developing cardiovascular diseases, overweight/obesity, mental disorders, and skeletal problems later in life.

World Health Organization has identified school environments as an effective place for improving child health; physical activity is often considered as an important strategy to promote health for all.

This Special Issue aims to gather a set of recent investigations that advance our knowledge of how to increase the levels of physical activity, fitness, and, consequently, health conditions, in school-aged youth. Additionally, research based on the study of the acute effects of physical activity.

Authors are invited to contribute to this Special Issue by submitting reviews, original research papers, case studies, and experimental studies.



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Special Issue



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Message from the Editor-in-Chief

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