

Special Issue

Adolescents' Self-Exploration and Physical Activity in Leisure Experience

Message from the Guest Editors

To promote adolescents' and emerging adults' needed physical activity and achieve public health goals, it is vital to examine their physical activity, sedentary behavior, self-regulations, leisure and recreation activities and experiences, along health outcomes from physical, psychosocial, and environmental perspectives. We welcome papers that explore these research interests through systematic reviews and meta-analyses, experimental research, cross-sectional and prospective research, as well as qualitative and mixed-methods research. (1) Supportive environments in adolescents and college students in recreation and leisure experiences related to physical activity; (2) Environmental and psychosocial correlates/determinants of healthy behaviors in the transition from adolescence to early adulthood in leisure experience focused on physical activity; (3) Physical activity, self-regulations, and academic learning during leisure experiences; (4) Physical activity, sedentary behavior, and obesity prevention in school, home, and community settings.

Guest Editors

Prof. Dr. Tao Zhang

Department of Kinesiology, Health Promotion and Recreation,
University of North Texas, Denton, TX 76203, USA

Prof. Dr. Jean Keller

Department of Kinesiology, Health Promotion and Recreation,
University of North Texas, Denton, TX 76203, USA

Deadline for manuscript submissions

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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
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I encourage you to contribute a research or comprehensive review article for consideration for publication in *Sustainability*, an international Open Access journal which provides an advanced forum for research findings in areas related to sustainability and sustainable development. *Sustainability* publishes original research articles, review articles and communications. I am confident you will find the journal contributes to enhancing understanding of sustainability and fostering initiatives and applications of sustainability-based measures and activities.

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Faculty of Engineering and Applied Science, University of Ontario
Institute of Technology, Oshawa, ON L1G 0C5, Canada

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