

Special Issue

Physical Activity, Fitness and Health in School-Aged Youth

Message from the Guest Editors

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.

Guest Editors

Dr. Josep Vidal Conti

Dr. Pere Palou

Prof. Dr. Adrià Muntaner Mas

Deadline for manuscript submissions

closed (31 December 2021)



Sustainability

an Open Access Journal
by MDPI

Impact Factor 3.3
CiteScore 7.7



mdpi.com/si/69150

Sustainability
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
sustainability@mdpi.com

[mdpi.com/journal/
sustainability](https://mdpi.com/journal/sustainability)





Sustainability

an Open Access Journal
by MDPI

Impact Factor 3.3
CiteScore 7.7



[mdpi.com/journal/
sustainability](https://mdpi.com/journal/sustainability)



About the Journal

Message from the Editor-in-Chief

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.

Editor-in-Chief

Prof. Dr. Marc A. Rosen

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

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE and SSCI (Web of Science), GEOBASE, GeoRef, Inspec, RePEc, CAPIus / SciFinder, and other databases.

Journal Rank:

JCR - Q2 (Environmental Studies) / CiteScore - Q1
(Geography, Planning and Development)