

## Special Issue

# Advances in Physical Education, Exercise and Sport: Towards a Healthy and Sustainable Lifestyle

### Message from the Guest Editors

Under this Special Issue, we are interested in receiving studies leading to the increase of physical activity in children and adolescents. Physical education classes assume an appropriate context from which different intervention strategies can be put in place, with the objective of increasing the levels of physical activity practice. The promotion of sports in young people should also be analyzed, trying to ensure that activities generate adherence and continuity. The objective of this Special Issue is to gather a set of recent investigations that advance our knowledge about how to increase the levels of physical activity practice in children and adolescents. Intervention studies that show evidence of the acquisition of healthy lifestyles in the field of physical education, exercise, and sports are welcome. We are also interested in cross-sectional research that will allow us to advance the knowledge on the topic of this Special Issue. Systematic reviews and meta-analyses will also be welcomed and analyzed by the editorial team.

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### Guest Editors

Dr. Damián Iglesias Gallego

Prof. Dr. Juan Pedro Fuentes García

Dr. José Alberto Frade Martins Parraca

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### Deadline for manuscript submissions

closed (30 March 2021)



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## Editor-in-Chief

Prof. Dr. Steve W. Lyon

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