

Special Issue

Education for Sustainability in Physical Education

Message from the Guest Editors

The benefits of physical activity and sport in health are evident, as well as their role in the prevention of several pathologies and cognitive and social problems. Physical education represents one of the basic tools to initiate, from an early age, healthy habits that contribute to physical and mental well-being. Likewise, this educational area has various resources that support an active lifestyle, developing knowledge of the body and its possibilities, generating adaptive behaviors and expanding responsible attitudes toward the environment and the resources it uses. This Special Issue aims to explore the current state of this outlook, delving into the current causes linked to unhealthy habits and bad practices in sports in different contexts. It will explore the relationships between psychosocial factors and the association with different aspects related to physical activity and sport. Furthermore, this issue is open to reviews, and descriptive or experimental studies that contribute new knowledge to this area, as well as new methodological proposals related to physical education in different educational stages.

Guest Editors

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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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