



## Health Outcomes and Movement Behaviors in Preschoolers, Children, and Adolescents

Guest Editors:

**Dr. Pedro Juan Tárraga-López**

Faculty of Medicine, University of  
Castilla-La Mancha, 02008  
Albacete, Spain

**Dr. José Francisco López-Gil**

Health and Social Research  
Center, Universidad de Castilla-  
La Mancha, 13001 Cuenca, Spain

Deadline for manuscript  
submissions:

**closed (25 May 2023)**

### Message from the Guest Editors

Dear Colleagues,

Physical activity, sedentary behaviour (including recreational screen time), and sleep duration are related to a wide range of relevant health and developmental outcomes in the younger population. Most studies have evaluated these behaviors in isolation rather than in combination. Nevertheless, recently, the focus has shifted to a more integrated approach, in which it is recognised that 24-hour movement behaviors are co-dependent. This is why the time is finite (e.g., 24 hours). Meeting the three 24 h movement guideline recommendations generally leads to improvements in several health indicators in the younger population. Thus, the knowledge of the relationship between health outcomes (physical, mental, social wellbeing) and 24 h movement behaviors could be of great interest in reinforcing the importance of promoting these healthy behaviors. Therefore, in this Special Issue, authors are invited to contribute studies addressing the association between health outcomes (physical, mental, social well-being) and the measurement of 24-hour movement behaviors in preschoolers, children, and adolescents.





an Open Access Journal by MDPI

## Editor-in-Chief

**Prof. Dr. Giulio Nicola Cerullo**

Dipartimento di Fisica,  
Politecnico di Milano, Piazza L.  
da Vinci 32, 20133 Milano, Italy

## Message from the Editor-in-Chief

As the world of science becomes ever more specialized, researchers may lose themselves in the deep forest of the ever increasing number of subfields being created. This open access journal Applied Sciences has been started to link these subfields, so researchers can cut through the forest and see the surrounding, or quite distant fields and subfields to help develop his/her own research even further with the aid of this multi-dimensional network.

## Author Benefits

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

**High Visibility:** indexed within Scopus, SCIE (Web of Science), Inspec, CAPlus / SciFinder, and other databases.

**Journal Rank:** JCR - Q2 (*Engineering, Multidisciplinary*) / CiteScore - Q1 (*General Engineering*)

## Contact Us

*Applied Sciences* Editorial Office  
MDPI, St. Alban-Anlage 66  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
[www.mdpi.com](http://www.mdpi.com)

[mdpi.com/journal/applsci](http://mdpi.com/journal/applsci)  
[applsci@mdpi.com](mailto:applsci@mdpi.com)  
X@Applsci