



Physical Activity Related to Adolescent Health and Well-Being

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Message from the Guest Editors

Dear Colleagues,

This Special Issue aims to provide an overview of the most recent advances in the field of adolescent well-being related to sports practice and its physical, behavioural, emotional and psychological repercussions. The aim of this Special Issue is therefore to contribute to the advancement of the factors that can intervene in the practice of sport, and therefore increase general well-being.

Research related to the practice of physical activity in sport, from both health and psychological perspectives, has shown its positive effects; however, multiple factors and determinants can modulate the practice of physical activity. We cannot lose sight of the fact that adolescence is a critical period for the acquisition of behavioural patterns, including the practice of sport, which is why it is vitally important to analyse all the possible factors that could intervene. Numerous studies agree that the practice of sport has preventive and therapeutic benefits; therefore, it is necessary to continue working to control the variables that could intervene.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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