



## **Youth Sports, Young Athletes Evaluation, Implications for Performance and Health**

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Deadline for manuscript  
submissions:

**closed (31 August 2020)**

### **Message from the Guest Editors**

Sedentary lifestyle in childhood induces an elevated likelihood of overweight/obesity, a condition that promotes the development of hypertension, diabetes, and associated non-communicable diseases in adulthood.

Physical activity provides many benefits in children. The participation in organized sport allows these benefits to be maintained in the transition between childhood and adolescence. However, the transition from childhood to adolescence is crucial because the greatest mental health benefits deriving from physical activity are obtained during adolescence, and at this age sporting practice can be not infrequently abandoned.

The purpose of this research collection is to add information on

- 1) Advantages offered by sports activities in terms of metabolic parameters, performance, cognitive function, and motor coordination;
- 2) Strategies to avoid the abandonment of physical or sport activity in the transition from childhood to adolescence;
- 3) The applications of sport in young people in social or mental distress.





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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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