

Special Issue

Studies of Physical Fitness Improvement and Healthy Lifestyle from a Sustainable Science Sports Perspective

Message from the Guest Editor

Physical fitness has become a well-documented marker of health in the past two decades. Evidence suggests that higher levels of physical fitness in youth may have beneficial effects on cardiovascular, pulmonary and metabolic diseases, and can even reduce the risk of all-cause mortality. Among many factors being associated with physical fitness, those included in a healthy lifestyle are probably the most important which affect the level of physical fitness. Moreover, the prevalence of participating in sport steadily declined in the past years, where the most critical period for not being persistent in a sporting activity is the transition between primary and secondary education. Given the importance of physical fitness on health, special interventions and policies aiming to target a 'risky' group of children and adolescents with lower levels of physical fitness should be a priority in school-based settings and in extracurricular activities. Specifically, both cross-sectional and bidirectional associations between physical fitness and sport participation would give a better understanding of how these two variables are interconnected.

Guest Editor

Dr. Lovro Štefan

Faculty of Sports Studies, Masaryk University, Brno, Czech Republic

Deadline for manuscript submissions

closed (30 June 2023)



Sustainability

an Open Access Journal
by MDPI

Impact Factor 3.3
CiteScore 6.8



mdpi.com/si/110017

Sustainability

MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
sustainability@mdpi.com

[mdpi.com/journal/
sustainability](https://mdpi.com/journal/sustainability)





Sustainability

an Open Access Journal
by MDPI

Impact Factor 3.3
CiteScore 6.8



[mdpi.com/journal/
sustainability](https://mdpi.com/journal/sustainability)



About the Journal

Message from the Editor-in-Chief

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.

Editor-in-Chief

Prof. Dr. Marc A. Rosen

Faculty of Engineering and Applied Science, University of Ontario
Institute of Technology, Oshawa, ON L1G 0C5, Canada

Author Benefits

Open Access:

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

High Visibility:

indexed within Scopus, SCIE and SSCI (Web of Science), GEOBASE, GeoRef, Inspec, AGRIS, RePEc, CAPIus / SciFinder, and other databases.

Journal Rank:

JCR - Q2 (Environmental Studies) / CiteScore - Q1
(Geography, Planning and Development)