



Special Issue on Physical Education and Health

Call for Papers

Physical Education and Health is an interdisciplinary field that focuses on the development of physical fitness, healthy lifestyles, and overall well-being through education, exercise, and health promotion. It explores topics such as sports science, physical activity, nutrition, mental health, disease prevention, and wellness management, aiming to improve both individual and community health outcomes. The field emphasizes the importance of regular physical activity, healthy behavior, and educational strategies in enhancing physical performance, psychological resilience, and quality of life across different age groups and populations.

In this special issue, we intend to invite front-line researchers and authors to submit original research and review articles on exploring **Physical Education and Health**. Potential topics include, but are not limited to:

- Sports pedagogy
- Exercise physiology
- Sports psychology
- Health education
- Physical fitness
- Athletic training
- Sports nutrition
- Motor learning
- Biomechanics research
- Recreational sports
- Public health
- Wellness management
- Adapted physical education
- Injury prevention
- Sports rehabilitation
- Community health

Authors should read over the journal's [For Authors](#) carefully before submission. Prospective authors should submit an electronic copy of their complete manuscript through the journal's [Paper Submission System](#).

Please kindly specify the “**Special Issue**” under your manuscript title. The research field “**Special Issue - Physical Education and Health**” should be selected during your submission.



Special Issue Timetable:

Submission Deadline	August 28th, 2026
Publication Date	October 2026

Guest Editor:

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