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Special Issue Reprint

Physical Activity for Psychological and Cognitive Development

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Physical activity has multiple benefits for cognitive function, psychological variables, social skills and health, among other factors. The latest research and scientific studies reflect the evolution of and growing interest in this area. Even so, we must continue to advance the research on this topic. The aim of this Special Issue is to disseminate high-quality research related to cognitive and psychological development through physical activity. These original research articles deepen and expand our understanding of the role of physical activity in relation to cognitive performance, psychological variables and physical, mental, and psychosocial health.

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