

International Journal of Physical Activity and Health

Volume 2
Issue 2 *Special Issue: A Synthesis of Recent
Studies in Children Activity Intervention*

Article 1

5-1-2023

Experimental and Observational Research of Children Physical Activity Intervention: A Synthesis of the Recent Studies

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Recommended Citation

Liu, Yuanlong (2023) "Experimental and Observational Research of Children Physical Activity Intervention: A Synthesis of the Recent Studies," *International Journal of Physical Activity and Health*: Vol. 2: Iss. 2, Article 1.

Available at: <https://scholarworks.boisestate.edu/ijpah/vol2/iss2/1>

**Experimental and Observational Research of Children Physical Activity
Intervention: A Synthesis of the Recent Studies**

Experimental and Observational Research of Children Physical Activity Intervention: A Synthesis of the Recent Studies

**Yuanlong Liu, Editor-in-Chief
Western Michigan University**

The purpose of this special issue is to showcase a variety of recent studies on the effects of various physical activity programs on individuals' motor skills, brain health and disease prevention. In addition, correlates and determinants of motor skills and physical activity across the lifespan through experimental and observational research designs will be presented. Research on the effects of physical activity programs have made significant progress through experimental and observational research. These studies have examined various populations, including individuals with specific diseases, and have used standardized outcome measures to assess the effects of physical activity programs. Confounding variables have been controlled for, and statistical analyses have been used to evaluate the results.

Overall, the research in this field has provided valuable insights into the benefits of physical activity programs and the factors that influence sustained physical activity across the lifespan. However, further research is needed to fully understand the mechanisms underlying the effects of physical activity on motor skills, brain health, and disease prevention and to develop effective interventions to promote physical activity at all stages of life.

Most of the previous studies of schoolchildren have targeted only older children and adolescents, missing an opportunity to examine physical activity interventions during other periods of the lifespan. Additionally, the study of correlates/determinants (i.e., cultural contexts) of motor skills, physical activity, and brain health has become an emerging trend in the field, as more and more researchers have investigated such associations in the past decade. In response, in this special issue, Dr. Zan Gao, a tenured professor in the School of Kinesiology at the University of Minnesota, was invited to be a guest editor. Dr. Zan Gao specializes in promoting health through population-based physical activity interventions. He has published over 160 research articles in peer-reviewed journals, 29 book chapters and 3 edited books, and has been the PI of NIH and RWJF Grants. He is currently a Fellow of the American College of Sports Medicine, and a Fellow of SHAPE America Research Counsel.

We are so grateful that the active and well-established researchers in the field agreed to contribute their recent research to this special issue of the International Journal of Physical Activity and Health. Five manuscripts are included in this special issue:

- (1) Effects of active video game interventions on physical health and development among healthy preschool children: A systematic review,
- (2) A Review on the Dose Response Effect of Regular Physical Activity on Cognitive Function among Children and Adolescents,
- (3) Promoting Preschoolers' Actual and Perceived Motor Competence during Recess: A Need-Supportive Motor Skill Intervention,
- (4) Temporal Changes in Energy-Balance Behaviors and Home Factors in Adolescents with Normal Weight and Those with Overweight or Obesity,

(5) A Review of Health Wearable-based Physical Activity Interventions among Children and Adolescents.

You are welcome to enjoy reading these current research findings, and we are eagerly expecting you to submit your recent research to the International Journal of Physical Activity and Health. We are dedicated to a fast review process, open access, and quick publication of your research.