Аннотация

ФMu

Valerii Malkin, Liudmila Rogaleva, Alla Kim and Natalya Khon. The Hardiness of Adolescents in Various Social Groups.// Garcia-Mas, A., Sampol, P. P., Almeida, P. L., Mas, A. M., eds. (2020). Interactions Between Education, Practice of Physical Activity and Psychological Well-Being. Lausanne: Frontiers Media SA. doi: 10.3389/978-2-88963-788-1

Жизнестойкость подростков различных социальных групп

Әр түрлі әлеуметтік топтағы жасөспірімдердің өміршендігі

Regular physical activity is a well-known beneficial practice providing an overall better body functioning across any stage of life. The impact of exercise on the physiological well-being is undeniable, as certified by the numerous investigations arisen since the 1960s. Physical activity beneficial impact on individuals’ health is being extended across an increasing number of different human diseases and conditions: overweight/obesity issues, pregnant women, mental disorders, post-kidney transplantation are some among the numerous examples.

As sports sciences develop, the dose-response rates of physical activity needed to achieve some profits are being more accurate. Although the positive effects of human movement/physical activity on physical and physiological health/human physiology has been explored extensively, we are still lacking further insight on the new mechanisms underpinning the link between physical activity and other health dimensions/aspects.

It is therefore necessary to update the relationship between these study areas given the rapid evolution occurring in the field of leisure sport related to physical activity. The latter is nowadays overflowing the classic divisions between physical activity practice and sports, as occurs in school, or with the amateur's trail practice (biking, trekking and running). The inclusion of an educational perspective aims to influence the existence of a very relevant triangle built up around the physical activity practice and the perception of psychological well-being both from an individual and a collective perspective.

This Research Topic aims to present the State of the Art on this issue. Empirical, experimental studies, and transversal points of view are welcome.

A combination of the three points of view: education, physical activity, and psychological well-being, should give rise to a series of studies that will be combined in a coherent form in order to promote clear and updated scientific knowledge within this scenario.

We will coordinate the elaboration of a complete set of studies that analyze aspects covering topics such as:

- Cognitive dissonance between coaches and team members
- Team cooperation and sports performance
- Physical education in school and its relation to organic and psychological health
- Physical activity and health-related physical fitness
- Systematic scientific literature reviews concerning this Research Topic

**Keywords**: education, learning, physcological well-being, physical activity

**Important Note**: All contributions to this Research Topic must be within the scope of the section and journal to which they are submitted, as defined in their mission statements. Frontiers reserves the right to guide an out-of-scope manuscript to a more suitable section or journal at any stage of peer review.