Dear Editor,

I would like to share ideas on the publication “Dosing physical exercise intensity during the COVID-19 quarantine: Does perceptual self-regulation work in children?”. Rodriguez-Núñez raised an important issue on physical exercise of children during COVID-19 quarantine. The perceptual self-regulation might be an important factor but there are also many other important determinants. Indeed, the children can have exercise at any places but the important limitation might be the socioeconomical status. Quarantine in a big home of the rich family might easily allow exercise than the poor one. Finally, the type of exercise is another important concern. If exercise is performed in group, it is also a question on the social distancing concept. Not only the exercise but also other aspects including to development and educational management of the children should be focused. The topic of COVID-19 quarantine for the children is an interesting issue for further studies.

References


Comments to Letter to the Editor Author

Iván Rodríguez-Núñez

This letter adds valuable information regarding physical exercise in children and complements the letter by Rodriguez-Núñez previously published.

Iván Rodríguez-Núñez
ivanrodriguez@udec.cl