

EDITORIAL

On numerous occasions, the factors of positive impact of physical / sport activities on health and quality of life have been already studied, tested and proven. The objectives of new and advanced research into these factors are, among other things, the search for new opportunities, shedding light on grey areas, opening any niches ... What is extremely important, is the flexibility of these factors regarding each individual role of man in modern society, the profession, the environment and, especially, gender and age. By studying the differences and mechanisms and by the differentiation of the selected interventions of the adjusted dimensioning and the content of exercise in real time, we can seek higher performance, better management of these factors, and especially, increased efficiency.

The four original scientific contributions published in issue 1, volume 7, of *Annales Kinesiologiae*, reveal the perspective of examining the young and the old, men and women, in specific situations, and also in sports where the aim is, unfortunately, not always directed only at the quality of an individual and their performance, but also at the competition and the results, here and now.

The articles in this volume demonstrate the importance of longitudinal studies which are necessary in order to monitor the development of an individual from his or her earliest childhood to old age on one hand, and the development of society as a whole on the other. It is becoming increasingly evident that the development of society does not necessarily mean a quality development of an individual. These are topics covered in the article on the pre-school children's achievements on ABC movement tests trends and the article on the correlation between the time of contraction of the biceps femoris skeletal muscle and the maximum running speed both in children and adults.

More methodological is the article on the issue of the role of small-sided games in the modern soccer training. The methodology of small-sided games is not the focal point of the article, however, it does reach into the area of system theories as theories on achieving the most accomplished integrity of reflection and behaviour.

Safety in sport and recreation and planning of activities are of special importance, as discussed in the article of safety elements in paragliding. Only a safe sport is a healthy, quality and entertaining activity. These days, active sports tourism is increasingly gaining in economic importance and so much more can still be done in the area of prevention.

As usual, the section Reviews and Reports in this journal continues with a series of reports from two conferences, which usually summarize various aspects of the aforementioned factors. The journal rounds up with a brief review of the proceedings, published in 2016 by Nova Science. Titled *Effects of Physical Activity on the Anthropological Status of Children, Youth and Adults*, it associates with the same red thread of the topics mentioned at the beginning of this Editorial.

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UVODNIK

Dejavniki pozitivnega vpliva gibalne/športne aktivnosti na zdravje in kakovost življenja so bili nešteto preučevani, preverjeni in dokazani. Vedno nove in naprednejše raziskave teh dejavnikov si za cilje med drugim postavljajo iskanje novih možnosti, osvetljevanje sivih con, odpiranje niš ... Gotovo je izredno pomembna njihova prilagodljivost posamezni vlogi človeka v sodobni družbi, poklicu, okolju predvsem pa spolu in starosti. S preučevanjem razlik in mehanizmov ter diferenciacijo izbranih intervencij, prilagojenega dimenzioniranja in vsebine vadbe v realnem času, lahko iščemo večji učinek, lažje upravljanje omenjenih dejavnikov, predvsem pa njihov boljši izkoristek.

V štirih izvirnih znanstvenih prispevkih, objavljenih v prvem zvezku 7. letnika revije *Annales Kinesiologiae*, nam avtorji odstirajo pogled na preučevanje mlajših in starejših, moškega in ženskega spola, v specifičnih situacijah in nenazadnje v športih, kjer cilj, žal, ni vedno usmerjen le v kakovost posameznika in njegovega učinka, temveč pogosto predvsem v tekmovalni rezultat tukaj in zdaj.

V tokratnih prispevkih se ponovno izkazuje pomen longitudinalnih študij, ki so nujne za spremljanje razvoja posameznika od njegovega najzgodnejšega otroštva do pozne starosti na eni strani ter razvoja družbe kot celote na drugi. Vse bolj očitno namreč postaja, da razvoj družbe ne pomeni nujno kakovostnega razvoja posameznika znotraj nje. To so tematike, o katerih govorita prispevek o dosežkih predšolskih otrok na testih ABC gibanja ter prispevek o korelaciji med časom krčenja skeletne mišice biceps femoris in maksimalno hitrostjo teka pri otrocih in odraslih.

Na bolj metodološko področje posega prispevek o vprašanju vloge igralnih oblik pri sodobni vadbi nogometa. Ne posveča se toliko sami metodologiji igralnih oblik, ampak poseže na področje sistemskih teorij kot teorij o doseganju čim večje celovitosti razmisleka in ravnanja.

Posebne pomena pa je gotovo varnost v športu in rekreaciji ter s tem povezano načrtovanje aktivnosti, o čemer govori prispevek *Elementi varnosti v jadralnem padalstvu*. Le varno je lahko zdravo, kakovostno in nenazadnje razvedrilno. V časih, ko aktivni športni turizem vse bolj pridobiva na gospodarskem pomenu, odkrivamo, da je mogoče še marsikaj postoriti na področju preventive.

Kot običajno tudi tokratno številko v rubriki *Ocene in poročila* nadaljujemo s poročili iz dveh konferenc, ki praviloma povzemajo različne vidike obravnave omenjenih dejavnikov. Revijo pa zaključuje kratka ocena zbornika, ki je v letu 2016 izšla pri založbi Nova Science, in nas z naslovom *Učinki telesne aktivnosti na antropološki status otrok, mladine in odraslih* ponovno vrne na začetek tega uvodnika.

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