

EDITORIAL

At the very beginning, during the process of formation, *Annales Kinesiologiae* has set itself the objective to answer the questions regarding kinesiological science and to reveal the issues that its distinctly interdisciplinary and integrative nature reveals on a daily basis. Critical consideration of scientific research questions mirrored in the kinesiology science thus faces us with the responsibility towards science, profession and society, individuals and groups, direct users of the findings and the conclusions that we offer. On numerous occasions, the factors of the positive impact of physical / sport activities on both health and quality of life have already been studied, tested and proven. The objectives of the new and advanced research into these factors are, among other, the search for new opportunities, shedding light on grey areas, opening new 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 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 and review scientific contributions published in Issue 1, Volume 8 of *Annales Kinesiologiae* reveal the perspective of examining the young and the old, men and women, in specific situations, 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 issue is introduced by a rather methodological article looking into the question *Is Specific Motor Test Enough to Evaluate New Alpine Ski Knowledge in Ski Beginners?* The motor test using continuous lateral jumps in dictated tempo – SKILJ is being used to evaluate new alpine ski knowledge and is the focal point of the article which aims at determining whether the results of such motor tests can be used to evaluate the level of acquired knowledge of ski beginners.

Tensiomyography as a tool for measuring muscle contraction time and maximal radial displacement of biceps femoris is described in the following article. A division between the sedentary participants and those who were regularly engaged in recreational sports activities has been observed and recognized.

Two articles in this volume introduce the review studies that originate from the results of the international research project PANGeA (Physical Activity and Nutrition for Great Ageing). It is becoming increasingly evident that both motor as well as cognitive exercise is essential for healthy ageing. These are the topics covered in the article on *Exercise and the Ageing Immune System* and the article which present the *Benefits of Motor / Cognitive Exercise with recommendations for third age*.

As usual, the section Reviews and Reports in this journal continues with a series of reports from various events. First with a report from the second round table »*A Kinesiologist in the Labour Market*« which was organized by the Association of Kinesiologists of Slovenia after a very successful first round table. The participants introduced some

very interesting topics that shared their vision of kinesiology and recommendations for the future. The journal rounds up with reports from three conferences, which usually summarize various aspects of research in kinesiology.

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UVODNIK

Annales Kinesiologiae si je že v sami zasnovi in procesu nastajanja zastavila nalogo odgovarjati na vprašanja kineziološke znanosti in razkrivati probleme, ki jih njen izrazito interdisciplinaren in integrativen značaj vsakodnevno odpira. Kritična obravnava znanstveno raziskovalnih vprašanj, ki se zrcalijo v ogledalu kineziološke znanosti, pred nas tako postavlja odgovornost do znanosti, stroke in družbe, posameznika in skupin, neposrednih uporabnikov ugotovitev in zaključkov, ki jih ponujamo. 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 in preglednih znanstvenih prispevkih, objavljenih v prvem zvezku 8. 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 dobrobit posameznika in njegovo učinkovitost, temveč pogosto predvsem v tekmovalni rezultat tukaj in zdaj.

Na bolj metodološko področje posega prispevek *Je predlagani motorični test veljaven test znanja alpskih smučarjev začetnikov?* Motorični test z izvajanjem zaporednih lateralnih odskokov po ritmu – SKILJ je osrednja tema prispevka, v njem pa avtorji preverjajo, če lahko rezultate tovrstnega testa uporabimo za preverjanje stopnje pridobljenega znanja smučarjev začetnikov.

S tenzimiografsko metodo pridobljen čas kontrakcije in maksimalni odmik trebuha dvoglave stegenske mišice obravnavajo avtorji članka *Z metodo tenzimiografije izmerjene razlike med časom kontrakcije in odmikom mišice med različno starimi in fizično aktivnimi skupinami*. Avtorji so poleg nekaterih drugih opažanj med udeleženci raziskave na osnovi dobljenih rezultatov meritev opazili delitev na dve skupini glede na rednost ukvarjanja s fizično aktivnostjo, in sicer na sedeče in na tiste, ki so se redno ukvarjali z rekreativno obliko športne dejavnosti.

Dva članka iz tokratne številke uvajata niz preglednih študij, ki so rezultat aktivnosti mednarodnega raziskovalnega projekta PANGeA. Vse bolj evidentno je, da imata tako motorična kot kognitivna vadba pomembne učinke na zdravo staranje. S tovrstnimi tematikami se ukvarjajo avtorji članka *Gibanje in imunski sistem med procesom staranja* ter članka *Prednosti in koristi gibalne in/ali kognitivne vadbe: pregled področja s priporočili za tretje življenjsko obdobje*.

Kot običajno, tudi tokratno številko v rubriki Ocene in poročila nadaljujemo s poročili iz raznih dogodkov. Najprej je to kratko poročilo iz druge okrogle mize »Kineziolog na trgu dela«, ki jo je Društvo kineziologov Slovenije organiziralo po zelo odzivni prvi tovrstni okrogli mizi. Tudi na tem srečanju so bile predstavljene številne zanimive

teme, predvsem pa so sodelovali številni zanimivi gostje, ki so udeležencem predstavili svojo vizijo kineziologije in priporočila za prihodnost. Revijo pa zaključujejo poročila iz treh konferenc, ki praviloma povzemajo različne vidike obravnave kinezioloških vprašanj.

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