

EDITORIAL

Numerous mechanisms of the impact of exercise/sports activity on our health and quality of life have been addressed several times in previous studies, and their direct and indirect impact on an individual and the wider society has been proven many times. Nevertheless, the field of study of individual motor, cognitive, and nutritional intervention remains one of the most interesting and effective, as well as economically acceptable, approaches within the framework of public health solutions. At times, it may seem that only the desire for the ultimate performance of movement with the goal of a good sporting result receives an in-depth individual treatment, but this is not the case. It is true that with today's approaches to diagnostics and finding the background of a good result, we can get closer to an individual and, on the basis of scientific findings, direct further training regimes, as presented by the author of the first article in this issue. However, the following three articles bring us closer to the importance of individualizing the approach to each user according to their specific needs, dietary regimes and exercise incentives. Certain environments are particularly encouraging, and the Mediterranean environment is certainly one of the most suitable ones, be it a specific natural or social environment. In the final articles and the researchers' reports, we receive further confirmation of how researchers from different corners of the world, with different interests, orientations and aims, are jointly oriented towards, more or less, the same goal. How to ensure a healthy and quality life for modern people, entangled in many (virtual) communication networks, supported by innovative technologies of the digitalized world, which, due to their own development, has fallen into more or less planned, and, unfortunately, unsolicited and unwanted anthropological and ecological transformations? Often we think we know several solutions; however, either with a quick glance around us or following research on these indicators, the opposite is confirmed. Never in the familiar history of mankind have we communicated so poorly, never have we been so unsociable, or so mentally and functionally labile and incapable. Therefore, there is still a lot of room for research and the work of kinesiologists and many other professionals who strive in similar directions.

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UVODNIK

Številni mehanizmi vpliva gibalne/športne dejavnosti na zdravje in kakovost življenja so bili v predhodnih študijah že večkrat obravnavani, njihov neposreden in posreden vpliv na posameznika in širšo družbo pa tudi že večkrat dokazan. Kljub temu je področje proučevanja posameznih gibalnih, kognitivnih in prehranskih intervencij še vedno eden najzanimivejših in najučinkovitejših ter ne nazadnje tudi ekonomično najsprejemljivejših pristopov v okviru javnozdravstvenih rešitev. Včasih se zdi, da je le želja vrhunske izvedbe gibanja zaradi športnega rezultata deležna poglobljene individualne obravnave, vendar ni tako. Res je sicer, da se z današnjimi pristopi v diagnostiki in iskanju ozadij dobrega rezultata posamezniku lahko popolnoma približamo in na osnovi znanstvenih ugotovitev usmerjamo nadaljnje trenajzne pristope, kot so predstavili avtorji prvega prispevka v izdaji revije, ki je pred vami. Vendar pa nam naslednji trije prispevki zelo nazorno približajo pomen individualizacije pristopa za vsakega uporabnika glede na njegove specifične potrebe, prehranske režime in gibalne spodbude. Pri tem so določena okolja še posebej spodbudna in sredozemsko je z vsem, kar mu nudita posebno naravno in družbeno okolje, prav gotovo eno najprimernejših. V končnih prispevkih, poročilih raziskovalcev, pa lahko dobimo le še dodatne potrditve, kako so raziskovalci na različnih koncih sveta, z različnimi interesi, usmeritvami in cilji, ne glede na to, od kod prihajajo, skupaj usmerjeni k bolj ali manj enakemu cilju. Kako sodobnemu človeku, zapletenemu v številne (virtualne) komunikacijske mreže, podprte z inovativnimi tehnologijami digitaliziranega sveta, ki je zaradi svojega razvoja padel v bolj ali manj načrtovane, večkrat pa žal tudi neslutene in neželene antropološke in ekološke transformacije, zagotoviti zdravo in kakovostno življenje? Večkrat menimo, da poznamo ogromno rešitev, že bežen pogled okoli sebe in še toliko bolj raziskani kazalniki pa kažejo prav nasprotno. Nikoli v nam znani zgodovini človeštva nismo tako slabo komunicirali, se družili, bili duševno in funkcionalno tako labilni in nezmožni. Torej je prostora za raziskave in delo kineziologov in številnih drugih strokovnjakov, ki si prizadevajo za to, še veliko.

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