

## EDITORIAL

This issue is again marked by the impact of the COVID-19 pandemic and the related restrictive measures, which is why the authors examine the possibility of curative exercise with aids that can ease the effort of exercise, especially for lung patients. Unfortunately, research often does not provide immediate answers and it takes time, new measurement protocols, new subjects, etc. to translate scientific findings into practice. It is this new, unexpected experience with the coronavirus disease that continues to raise new questions in all fields. Due to its preventive, rehabilitative and curative aspects, kinesiology is one of the applied sciences, alongside medicine, that needs to find answers as quickly as possible.

Competitive sport is also no exception. The knowledge that certain physiological parameters of the athlete can be influenced by non-invasive procedures, personalised training and specific dietary regimes is very useful for coaches and athletes. In this journal, the authors discuss how body mass manipulation and a specific high-intensity training routine in wrestling can influence grip strength, and how certain anthropometric and motor parameters are related to the competitive performance of young alpine skiers. As an aid to training routines and general monitoring of an athlete's development, applied knowledge once again demonstrates that it can significantly contribute to peak performance, in addition to talent and external factors.

That knowledge becomes latent in one's own behaviour and that habits of an active and healthy lifestyle remain lifelong companions if they are introduced early enough in the form of regular and organised physical/sporting activity in childhood is the finding of a longitudinal study that concludes the scientific contributions of this issue.

We are also pleased to present some of the activities of the Institute for Kinesiology Research of the Science and Research Centre Koper. The live workshop on sports injuries in young athletes and the international scientific and specialist conference Child in Motion, which both saw a high attendance, confirm their relevance in the professional and scientific arena.

In conclusion, we pledge to continue our efforts in future editions to pursue the journal's mission and to present answers to current issues. Clearly, the impact of the pandemic will continue to accompany and fuel research momentum, and the need to raise awareness of the syndemic effects of the COVID-19 pandemic among the professional community is already becoming apparent. The effects of the pandemic will continue to be present in all aspects of our lives for quite some time, and kinesiologists and experts in related disciplines will continue to be forced to play an important role in the "battle" to stay healthy.

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Editor

## UVODNIK

Tudi tokratno številko zaznamujejo izkušnje omejitvenih ukrepov in posledic pandemije covid-19, zato se avtorji sprašujejo o mogoči kurativni vadbi s pripomočki, ki bi predvsem pljučnim bolnikom olajšali napor pri vadbi. Raziskave žal velikokrat ne prinašajo takojšnjih odgovorov in potreben je dodaten čas, nov merski protokol, novi subjekti ipd., da se znanstveni izsledki lahko prenesejo v prakso. Prav ta nova, nepričakovana izkušnja s koronavirusno boleznijo še vedno odpira nova vprašanja na vseh področjih. Kineziologija je zaradi svojega zdravstvenega preventivnega, rehabilitacijskega in kurativnega vidika poleg medicine med tistimi uporabnimi vedami, ki morajo kar najhitreje poiskati odgovore.

Tudi vrhunski šport ni izjema. Zavedanje, da je na določene fiziološke parametre športnika mogoče vplivati z neinvazivnimi posegi, prilagojeno vadbo in določenimi prehranskimi režimi, je dobrodošla podpora trenerjem in športnikom. Kako lahko manipulacija telesne mase in poseben visoko intenziven vadbeni režim pri rokoborcih vplivata na moč stiska ter kako so določeni antropometrični in motorični parametri povezani s tekmovalno uspešnostjo mlajših alpskih smučarjev, odkrivajo avtorji v reviji, ki je pred vami. Uporabno znanje kot pripomoček pri vadbenih režimih in splošnem spremljanju športnikovega razvoja ponovno kaže, da lahko poleg talenta in zunanjih dejavnikov pomembno prispeva k vrhunskemu rezultatu.

Da postane znanje latentno v lastnem vedanju, da navade aktivnega in zdravega življenjskega sloga ostanejo vseživljenjske spremljevalke, če so »sprožene« dovolj zgodaj v obliki redne in organizirane gibalne/športne aktivnosti v otroštvu, je ugotovljeno v longitudinalni raziskavi, ki končuje znanstvene prispevke te številke.

Veseli nas, da lahko predstavimo tudi nekaj dejavnosti Inštituta za kineziološke raziskave ZRS Koper. V živo izpeljani delavnici o športnih poškodbah mladih športnikov ter mednarodni znanstveni in strokovni konferenci Otrok v gibanju, obe z zavirljivim odzivom, potrjujeta svojo pomembnost v strokovnem in znanstvenem prostoru.

Ob koncu še zaveza, da si bomo tudi v prihodnjih letnikih prizadevali slediti ciljem poslanstva revije in predstavljali odgovore na aktualne probleme. Očitno bodo izkušnje in posledice pandemije še naprej spremljevalke in vzvod za dodaten raziskovalni zagon, ob tem pa se že kaže nuja po ozaveščanju strokovne javnosti o t. i. sindemičnih učinkih pandemije covid-19. Ti bodo še lep čas prisotni na vseh področjih našega življenja, strokovnjaki kineziologije in sorodnih ved pa bodo še naprej prisiljeni imeti pomembno vlogo v »boju« za ohranjanje zdravja.

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