

## EDITORIAL

The current issue of *Annales Kinesiologiae* (Volume 16, Issue 2, 2025) continues the journal's mission as an international interdisciplinary forum dedicated to the study of human movement, physical activity, exercise, and sport within the broader context of lifestyle and specific environmental influences. The published contributions reflect the core aim of the journal: to deepen kinesiological knowledge and to provide scientifically grounded insights that support the improvement of quality of life through movement-based approaches.

This issue presents original scientific articles, a review paper, and professional reports that collectively address kinesiological phenomena across different levels of performance, stages of the human lifespan, and diverse social and cultural contexts. Particular emphasis is placed on the applicative value of research findings, demonstrating how kinesiological knowledge can be translated into elite sport performance analysis, health promotion, education, coaching practice, and social development.

The issue opens with an original scientific article by İsgüzar et al., which examines the relationship between stoppage time, rally length, and selected performance variables in elite men's volleyball competitions. By analysing rallies from three top-level international leagues with differing regulatory frameworks, the authors provide valuable insights into the temporal structure of the game and its associations with technical efficiency and tactical performance. The findings contribute to a deeper understanding of performance dynamics in elite volleyball and offer practical implications for coaches, analysts, and sport scientists working in high-performance environments.

The review article by Kolar et al. addresses the development of, and challenges associated with, parkour coaches' education in Europe. Through an interdisciplinary perspective that integrates kinesiological, educational, organizational, and sociocultural viewpoints, the authors analyse the ongoing tension between parkour as a self-organized movement culture and its increasing institutionalization within formal sport systems. This contribution expands the understanding of contemporary movement practices and highlights the importance of preserving diversity, creativity, and authenticity while developing structured educational frameworks—an issue of growing relevance within applied kinesiology and sport pedagogy.

The original scientific article, authored by Cvenić, focuses on sex differences in motor performance among preschool children participating in athletic events. By analysing fundamental motor abilities and proposing a standardized

evaluation scale, the study offers practical tools for educators and practitioners working in early childhood physical education. The findings support evidence-based monitoring of motor development and reinforce the importance of early engagement in physical activity as a foundation for lifelong movement competence and healthy lifestyles.

The final original scientific article, authored by David et al., investigates the effects of physical activity on quality of life during menopause. By examining associations between physical activity levels and menopause-related symptoms, the authors provide strong evidence supporting physical activity as an effective, non-pharmacological strategy for improving physical, psychological, and psychosocial well-being. This research aligns closely with the journal's focus on lifestyle-related movement behaviours and their role in enhancing quality of life, particularly among populations facing specific physiological and social challenges.

In addition to scientific articles, this issue includes reports from major international scientific events in the fields of sociology of sport and human movement sciences. Reports from the 21st Conference of the European Association for Sociology of Sport, the World Congress of Sociology of Sport, and the 1st International Congress of Human in Motion provide readers with insights into current global discussions, emerging research trends, and interdisciplinary approaches to understanding sport and physical activity in a rapidly changing world.

Taken together, the contributions in this issue of *Annales Kinesiologiae* highlight the central role of kinesiology in addressing contemporary performance-related, health-related, educational, and social challenges. By linking scientific inquiry with practical application, this issue reaffirms the journal's commitment to promoting research that not only advances theoretical understanding but also delivers tangible benefits for individuals and communities through movement, physical activity, and sport.

Kaja Teraž, PhD,  
Editor

Prof. Dr. Rado Pišot,  
Editor-in-Chief

## UVODNIK

Aktualna številka revije *Annales Kinesiologiae* (letnik 16, številka 2, 2025) nadaljuje poslanstvo revije kot mednarodnega interdisciplinarnega foruma, namenjenega proučevanju človekovega gibanja, gibalne aktivnosti, vadbe in športa v kontekstu življenjskega sloga ter vplivov okolja. Prispevki v tej številki izražajo temeljni cilj revije – poglobljanje kineziološkega znanja in prispevanje k izboljšanju kakovosti življenja s pomočjo gibalno usmerjenih, znanstveno utemeljenih pristopov.

Številka vključuje izvorne znanstvene in pregledne članke ter strokovna poročila, ki obravnavajo kineziološke pojave na različnih ravneh gibalne in športne uspešnosti, v različnih obdobjih življenjskega cikla ter v raznolikih družbenih in kulturnih okoljih s poudarkom na aplikativni vrednosti raziskovalnih ugotovitev. Te kažejo, kako je mogoče kineziološko znanje uporabiti pri analizi uspešnosti vrhunškega športa, promociji zdravja, izobraževanju, trenerski praksi in splošnem družbenem razvoju.

Številko odpira izvorni znanstveni članek İşgüzarja s sodelavci, ki analizira povezanost med časom prekinitev, dolžino izmenjav in izbranimi kazalniki uspešnosti v elitni moški odbojki. Z analizo treh vrhunskih mednarodnih lig z različnimi regulativnimi okviri avtorji ponujajo dragocen vpogled v časovno strukturo igre in morebiten vpliv na tehnično učinkovitost in taktično uspešnost. Prispevek pomembno prispeva k razumevanju časovne strukture igre in ima neposredne praktične implikacije za strokovno delo v vrhunskem športu.

Sledi pregledni znanstveni članek Kolar s sodelavci osvetljuje razvoj in izzive izobraževanja trenerjev parkourja v Evropi ter poudarja pomen usklajevanja institucionalnega razvoja s kulturnimi in ustvarjalnimi temelji te gibalne prakse. Skozi interdisciplinarno perspektivo, ki združuje kineziološke, izobraževalne, organizacijske in sociokulturne vidike, avtorji analizirajo nenehno napetost med parkourjem kot samoorganizirano gibalno kulturo in njegovo vse večjo institucionalizacijo znotraj formalnih športnih sistemov.

Izvorni znanstveni članek Cveniča se osredinja na spolne razlike v gibalni uspešnosti predšolskih otrok. Z analizo osnovnih motoričnih sposobnosti in predlogom standardizirane ocenjevalne lestvice ponuja orodje za spremljanje gibalnega razvoja v zgodnjem otroštvu. Ugotovitve podpirajo na dokazih temelječe spremljanje motoričnega razvoja in poudarjajo pomen zgodnjega vključevanja telesne aktivnosti kot temelja za vseživljenjske gibalne sposobnosti in zdrav življenjski slog.

Znanstveni del zaključni izvorni znanstveni članek David s sodelavkama, ki obravnava vpliv gibalne aktivnosti na kakovost življenja med menopavzo ter potrjuje gibalno aktivnost kot učinkovito nefarmakološko strategijo za izboljšanje telesnega, psihološkega in psihosocialnega blagostanja. Ta raziskava se neposredno navezuje na splošno orientacijo revije *Annales Kinesiologiae* h gibalnim navadam, povezanim z življenjskim slogom, in njihovo vlogo pri izboljšanju kakovosti življenja, zlasti med populacijami, ki se soočajo s posebnimi fiziološkimi in družbenimi izzivi.

Številka je dopolnjena s poročili z vidnih mednarodnih znanstvenih dogodkov s področja sociologije športa in znanosti o gibanju človeka, ki ponujajo vpogled v aktualne razprave na globalni ravni. Poročila iz 21. konference Evropskega združenja za sociologijo športa (EASS), Svetovnega kongresa za sociologijo športa (ISSA) in 1. Mednarodnega kongresa Človek v gibanju (ICHM) bralcem predstavljajo nastajajoče raziskovalne trende in interdisciplinarne pristope k razumevanju športa in telesne aktivnosti v hitro spreminjajočem se svetu.

Prispevki v tej številki revije *Annales Kinesiologiae* potrjujejo osrednjo vlogo kineziologije pri soočanju s sodobnimi izzivi na področjih športa, zdravja, izobraževanja in družbe. S povezovanjem znanstvenega raziskovanja s prakso ponovno potrjuje zavezanost revije k spodbujanju raziskav, ki ne le izboljšujejo teoretično razumevanje, ampak tudi prinašajo oprijemljive koristi za posameznike in skupnosti prek gibanja, telesne aktivnosti in športa.

Dr. Kaja Teraž,  
urednica

Prof. dr. Rado Pišot,  
glavni urednik