

EDITORIAL

Among the factors relating to a country's and wider society's responsibility and attitude to changes and directions towards sustainable development, we also need to include the adaptability of individual disciplines and fields of study, which reveal a turning point in both the quality of life and build-up of lifestyle. Kinesiology, the science of man's movement, is a field of study, which goes hand in hand with a healthy diet and the quality adjustment of one's environment allowing man to be active, thus nowadays representing one of the most important factors as far as our health is concerned. Our ancestors became aware of it almost two thousand years ago, "Positive orientation in health requires the knowledge of man's physique and the knowledge of importance of diet, both natural and processed. However, taking care of diet is not sufficient for health. It is necessary to take exercise and to be familiar with its effects. The combination of these two things creates a scheme, according to which attention should be paid also to the season, change of wind, individual's age and his/her situation at home. Should there be a lack in diet or exercise the body will fall ill." (Hippocrates, 480 BC: The international Life Sciences Institute). The above mentioned value ("scheme") is vital for each individual in every period of life, from the childhood to old age and in different environments. Modern life differs in many ways from the lifestyles of previous generations including yesterday's generations (considering the fact that our own body represents the closest residential environment of every individual). Despite the early warning signs, we are still not able to place and use the possibilities offered by kinesiology as an integrative contemporary science in various areas of study.

Despite both fundamental realization and awareness the process of changes remains a considerable problem, usually present in all processes connected to the changing of a man's life patterns, regardless of his/her age, sex, education, health conditions ... Such a process can only be expected to be long in duration as well as demanding and exceedingly complex. In order to reach such long-term goals and eventual changes, we need to be sufficiently informed through raised awareness as well as by keeping ourselves later on, directed, guided, attended and stimulated. Each step down the path of these changes demands an adequate stimulating environment and a suitable expert, a qualified leader and a process manager who has acquired the appropriate competencies.

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UVODNIK

Med dejavnike odgovornega obnašanja države in širše družbene skupnosti, ki želi slediti spremembam in biti naravnana v trajnostni razvoj, moramo všteti tudi prilagodljivost posameznih disciplin in področij, ki predstavljajo vzvod kakovosti življenja in oblikovanja življenjskega sloga. Kineziologija, kot znanost o gibanju človeka, je ena tistih disciplin, ki z roko v roki z zdravo prehrano in s kakovostno prilagoditvijo okolja, v katerem posameznik deluje, predstavlja danes enega pomembnejših dejavnikov. Mineva že skoraj dva tisoč let, odkar so naši predniki spoznali njen pomen – “Pozitivno zdravje zahteva znanje o človekovi telesni konstituciji in znanje o moči prehrane, tako tisti naravni kot tisti, ki jo človek predela. Vendar samo hrana ni dovolj za zdravje. Potrebna je vadba, katere učinke moramo prav tako poznati. Kombinacija teh dveh stvari ustvari shemo, ko ji mora biti dana tudi prava pozornost glede na letni čas, spremembe vetrov, starost posameznika in njegovo situacijo doma. Če pride do pomanjkanja pri hrani ali vadbi, bo telo zbolelo”. (Hipokrat, 480 p. n. š: The international Life Sciences Institute). Ta vrednota («shema») pa je za posameznika pomembna v vseh življenjskih obdobjih, od otroštva do starosti, in v različnih okoljih. Sodobno življenje se v marsičem, še posebej pomembno pa v odnosu do svojega okolja (upoštevajoč dejstvo, da je lastno telo najbližje okolje bivanja slehernega posameznika), razlikuje od življenja predhodnih, še včerajšnjih, generacij. Kljub zgodnjim opozorilom pa še danes nismo sposobni umestiti in izkoristiti možnosti, ki jih kineziologija kot integrativna sodobna znanost ponuja na različnih področjih njenega delovanja.

Navkljub načelnemu zavedanju in osveščenosti ostaja velik problem proces sprememb, ki je običajno prisoten v vseh procesih spreminjanja življenjskih vzorcev človeka ne glede na njegovo starost, spol, izobrazbo, zdravstveno stanje ... Ta je dolgotrajen, zahteven in nadvse sestavljen. Za doseganje dolgoročnih ciljev in končnih sprememb moramo biti najprej ustrezno podučeni – osveščeni, nato usmerjeni, vodeni, spremljani in spodbujani. V vsakem koraku teh sprememb pa nujno potrebujemo ustrezno spodbudno okolje in ustreznega strokovnjaka, kompetentnega usmerjevalca in vodjo procesa, ki si je pridobil ustrezne kompetence.

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