

EDITORIAL

Kinesiology is considered a young integrative science and scientific research discipline with an anthropological, systems and cybernetics approach that represents a specific integration of natural and social sciences within its area of study. Due to the nature of man as a part of an evolutionary system, the nature of physical/sport activities and the characteristics of the environment, the kinesiology area of study, are so varied and complex that they cannot be treated and explained by any one science independently without the participation and integration of other related disciplines. However, kinesiology should not be understood as mere science, which is the sum of the knowledge of certain scientific disciplines. With its approaches, tools, content and methods, it represents instead a new, higher quality of treatment towards the subject of study.

Both the dimension of kinesiology's core tools and content and the influence of physical/sport activities on certain areas of man's life and work as individuals and as parts of modern society, are the focus of kinesiology aiming to contribute to the analysis of the situation as a step towards quality improvements. Physical/sport activities were, throughout the evolution of man and the formation of his functional capabilities, much more present in the past than today, but that does not diminish their impact that is, even today, frequently considered to be of crucial importance to one's health and efficient physical operation.

Both in the ontogenesis and phylogenesis of man as well as in the incidence of his fundamental tasks, the role and importance of physical/sport activities can be presented through the seven areas that define a human, completing him and placing him into both the life and space of contemporary society.

The "kinesiology heptagram" model or seven-sided star (heptagram also as a Byzantine symbol of synthesis and integration) defines its value and role in the following areas:

- development and autonomy of man through all stages of life (*developmental kinesiology*),
- communication and expressiveness of movement as a universal language (*expressive kinesiology*),
- support for health – prevention, cure and rehabilitation (*kinesiology of balance*)
- education and learning about the world – physical learning (*cognitive kinesiology*)
- work (*ergo-kinesiology*),
- relaxation and compensation (*kinesiology of free time*) and
- sport (*kinesiology of maximum*).

The motivation and goal behind the proposed model of the study areas as well as the impact of kinesiology is to apply this young science as extensively as possible to every pore of contemporary society. As for the experts in this field, we are required to bear the burden of responsibility due to the science's state of passivity as well as its deviation from the laws of nature and biological needs alike.

Professor Rado Pišot, Ph.D.,
Editor-in-Chief

PREDGOVOR

Kineziologija velja za mlado integrativno znanost in znanstvenoraziskovalno disciplino, ki s svojim antropološkim, sistemskim in kibernetiskim pristopom znotraj svojega področja obravnave predstavlja specifično integracijo več naravoslovnih in družboslovnih znanosti. Področje obravnave kineziologije je zaradi same narave človeka kot dela evolucijskega sistema, narave gibalne/športne aktivnosti ter značilnosti okolja tako raznovrstno in zapleteno, da ju ne more povsem obvladovati in pojasnjevati nobena znanost samostojno, brez sodelovanja in povezovanja z drugimi sorodnimi disciplinami. A kineziologije ne gre razumeti kot znanost, ki je le vsota spoznanj določenih znanstvenih disciplin. S svojimi pristopi, orodji, vsebinami in metodami predstavlja novo, višjo kakovost obravnave predmeta svojega preučevanja.

Na področja življenja in dela človeka kot posameznika in kot dela sodobne družbe, ki jih obravnava kineziologija in na katerih skuša prispevati tako k analizi stanja kot v smeri izboljšanja kakovosti, vpliva razsežnost njenega temeljnega orodja in vsebine – gibalne/športne aktivnosti. Ta je bila sicer v evoluciji človeka in oblikovanju njegovih funkcionalnih zmožnosti veliko bolj prisotna v preteklosti kot danes, kar pa ne zmanjšuje njenega, za zdravje in učinkovito delovanje velikokrat odločujočega vpliva tudi danes.

Tako v filogenezi kot ontogenezi človeka kot tudi v pojavnosti njegovih temeljnih opravil se vloga in pomen gibalne/športne aktivnosti lahko predstavi skozi sedem področij, ki človeka oblikujejo, ga izpolnjujejo in umeščajo v življenje in prostor sodobne družbe.

Model sedemkrake zvezde oziroma »septagram kineziologije« (septagram sicer tudi kot bizantinski simbol sinteze in integracije) opredeljuje njeno vrednost in vlogo na področjih:

- razvoja in samostojnosti človeka skozi vsa njegova življenjska obdobja (*razvojna kineziologija*),
- komunikacije in izraznosti gibanja kot univerzalnega jezika (*izrazna kineziologija*),
- podpore zdravju – preventiva, kurativa in rehabilitacija (*kineziologija ravnovesja*),
- edukacije in spoznavanja sveta – gibalno učenje (*spoznavna kineziologija*),
- dela (*ergo-kineziologija*);
- sprostitve in kompenzacije (*kineziologija razbremenitve in prostega časa*) ter
- športa (*kineziologija maksimuma*).

Želja in cilj ponujenega modela področij obravnave ter vpliva kineziologije je umestiti to mlado znanost kar najširše v pore sodobne družbe. Njena pasivnost in odmik od naravnih zakonov in bioloških potreb nam, strokovnjakom področja, to odgovornost nalaga.

Prof. dr. Rado Pišot,
glavni in odgovorni urednik