

EDITORIAL

In cooperation with various experts as well as many professional fields and disciplines, we have been searching for answers to questions concerning convincing modern generations of children, adolescents and adults that not only is movement and sports activity necessary and important for their holistic development, performance and health, but also that being active is their duty and responsibility to future generations.

We are currently witnessing a number of discoveries, new truths and conclusions which are the result of the harmfulness of physical inactivity as well as the role and importance of adequate, personalized exercise and training for preventive, rehabilitation and curative needs as well as for achieving the targets of a competitive athlete. As the science of human movement, kinesiology is thus faced with finding new ways to ensure the quality of physical competence of an individual. The triangular relationship – *man* – *environment* – *task* kinesiology is trying, with its own resources and tools, to offer new options for a balance, compensation or excellent results. The model has three main points: *a man* (from children to the elderly), the *environment* (both physical and social) and *a task* (the basic functionality or upgrade are equivalent for determining the selection of *resources and tools* – suitable content for exercise or sports activities).

The incentives for movement during all stages of life, from childhood to adolescence and through young adults to an active period and then old age are the best investment in both current and future generations. Physical exercise / sports activity is becoming a synonym for health and thus, the path to equilibrium towards which we strive. It is crucial that every individual has their own specific needs or problems and their own balance. The offer of physical activity should be adapted to each individual and should be rich both in quantity and quality taking place in an environment that is the most convenient for each participant.

The contributors of the articles collected in the following *Annales Kinesiologiae* journal offer interesting approaches to the treatment of children and the elderly through different topics. They also provide new knowledge concerning the abilities and barriers in an individual's performance in extreme environmental conditions and they address the role of exercise and training as a lever to achieving our day-to-day objectives, motor learning, as well as identification in elite sports. Different views, different cultural, social and geographical environments, one scientific treatment, one integrative science – kinesiology.

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UVODNIK

Odgovore na vprašanja, kako prepričati sodobne generacije otrok, mladostnikov in odraslih, ne le da je gibalna/športna aktivnost nujno potrebna in pomembna za njihov celostni razvoj, funkcionalnost in zdravje, temveč da je biti aktiven tudi njihova dolžnost in odgovornost do prihajajočih generacij, iščemo že vrsto let v krogu različnih strokovnjakov, strokovnih področij in znanstvenih disciplin.

Priče smo številnim dognanjem, novim resnicam in ugotovitvam tako o škodljivosti gibalne neaktivnosti kot o vlogi in pomenu ustrezne, posamezniku prilagojene vadbe in treninga za potrebe preventive, rehabilitacije in kurative kot tudi za doseganje tekmovalnih ciljev športnika. Kineziologija kot znanost o gibanju človeka se tako spopada z iskanjem poti za novo kakovost gibalne kompetence posameznika. V triangularnem odnosu *človek-okolje-naloga* poskuša s sebi lastnimi sredstvi in orodji ponuditi nove možnosti za vzpostavljanje ravnovesja, kompenzacije ali vrhunškega rezultata. Vsa tri temeljna izhodišča modela *človek* – od otroka do starostnika, *okolje* – tako fizično kot socialno in *naloga* – osnovna funkcionalnost ali nadgradnja enakovredno določajo izbor *sredstev in orodij* – primernih vsebin gibalne/športne aktivnosti

Gibalne spodbude tekom vseh življenjskih obdobjih od otroštva, adolescence in mladostništva do aktivnega obdobja in starosti so najboljša naložba v sedanje in prihajajoče generacije. Gibalna/športna aktivnost tako postaja sinonim za zdravje in s tem pot do ravnovesja, h kateremu stremimo. Vedeti pa moramo, da ima sleherni posameznik svoje specifične potrebe ali probleme in svoje ravnovesje. Njemu mora biti prilagojena količinsko in kakovostno bogata ponudba gibalne aktivnosti, ki se hkrati odvija v zanj najprimernejše usmerjenem okolju.

Avtorji prispevkov, ki jih zaokrožuje sledeča revija *Annales Kinesiologiae*, nam ponujajo zanimiva izhodišča, ki v obravnavo umeščajo otroka in starostnika, ponujajo nova vedenja o zmožnostih in ovirah delovanja posameznika v ekstremnih okoljskih pogojih ter obravnavajo vlogo vadbe in treninga kot vzvoda doseganja vsakodnevnih življenjskih ciljev, gibalnega učenja kot tudi identifikacije v vrhunškem športu. Različni pogledi, različna kulturna, socialna in geografska okolja, ena znanstvena obravnava, ena integrativna znanost – kineziologija.

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