

EDITORIAL

Perhaps the power of arguments of kinesiology lies in its developmental aspect. To study and understand the meaning, which an appropriate quantity and quality of motor/sport activity presents to an individual through various periods of life as the lever of the quality of life, is the responsibility of a civilised society. It is our obligation to offer future generations new knowledge in the field of early developmental phase – when an individual establishes the conditions and acquire the fundamental motor competences, through the more active phase of an adult to the elderly, when the experience from previous years creates the destiny of the quality of living. In the rapidly ageing European society the concern for the elderly remains one of the necessary priorities, however, we are only scarcely aware of the role of childhood and youth as well as the way of spending an active adulthood in sustainable development. Therefore, the discussion on key factors that form a healthy lifestyle of modern generations in different periods of life is a very important challenge also in the field of kinesiology. In the year of intergenerational connection and active ageing and within the scope of kinesiology we wanted to make a contribution by studying this contemporary problem, and I believe that with the slogan “Child in Motion for Healthy Ageing” we managed to achieve our goal.

Critical thoughts based on contemporary research approaches present a new flow of information between theory and practice. And the present goal of kinesiology, an expressively integrative science, is therefore achieved!

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UVODNIK

Morda je moč argumentov kineziologije največja ravno v njenem razvojnem vidiku. Preučiti in razumeti pomen, ki ga ustrezna količina in kakovost gibalne/športne dejavnosti predstavljata posamezniku skozi različna življenjska obdobja kot vzvod kakovosti življenja, je odgovornost civilizirane družbe. Prihajajočim generacijam smo dolžni ponuditi nova znanja tako zgodnjega razvojnega obdobja, ko posameznik šele vzpostavlja pogoje in usvaja temeljne gibalne kompetence, pa preko najbolj aktivnega obdobja odraslega do obdobja starostnika, ko nam renta predhodnih let kroji usodo kakovosti bivanja. V hitro starajoči se evropski družbi je skrb za starostnike ena izmed nujnih priorit, vendar pa se redko zavemo vloge otroštva in mladostništva ter načina preživljanja aktivnega obdobja odraslega v trajnostnem razvoju. Ravno zato je obravnavna ključnih dejavnikov, ki oblikujejo zdrav življenjski slog sodobnih generacij skozi različna življenjska obdobja, tudi na področju kineziološke stroke vedno večji izziv. V letu medgeneracijskega povezovanja in aktivnega staranja smo s preučevanjem te sodobne problematike želeli prispevati tudi v okviru kineziološke znanosti in verjamem, da nam je s sloganom »Otrok v gibanju za zdravo staranje« to tudi uspelo.

Kritične misli, temelječe na sodobnih raziskovalnih pristopih, predstavljajo nov pretok informacij med teorijo in prakso. In s tem je tokratni cilj kineziologije, izrazito integrativne znanosti, tudi dosežen!

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