

7TH INTERNATIONAL SYMPOSIUM A CHILD IN MOTIONKoper, Slovenia, October 5th-7th 2012

The already traditional international scientific and expert symposium A Child in Motion, which was organised by the Institute for Kinesiology Research, Scientific Research Centre, University of Primorska and co-organised by the Faculty of Education, University of Primorska and the Faculty of Education, University of Ljubljana, was intended for anyone working in the field of physical/sports activity and for those who incorporate physical/sports activity in their work with children and adolescents.

This year's symposium titled *A Child in Motion for Healthy Aging* was focused on the search of links between children's motor development in the early stages of life and its sustainable impact on healthy growth and quality aging.

In the year dedicated to active aging (European Year for Active Ageing and Solidarity Between Generations - 2012), the symposium has significantly contributed to raising awareness of the importance of motor skills and movement habits acquired in childhood for maintaining good health in later developmental stages and achieving a high quality of life in late adulthood.

The symposium with international participation has offered a wide range of contributions, in the form of plenary lectures, poster and oral presentations, organized in various sections.

The highlighted topics were discussed from different perspectives, indicating the need for an interdisciplinary approach.

Contributions were published in peer-reviewed symposium proceeding book.

Petra Dolenc, PhD

7. MEDNARODNI SIMPOZIJ OTROK V GIBANJU

Koper, Slovenija, 5.–7. oktober 2012

Že tradicionalni mednarodni znanstveni in strokovni simpozij *Otrok v gibanju*, ki je potekal v organizaciji Inštituta za kineziološke raziskave Znanstveno-raziskovalnega središča Univerze na Primorskem ter v soorganizaciji Pedagoške fakultete Univerze na Primorskem in Pedagoške fakultete Univerze v Ljubljani, je bil namenjen vsem, ki delujejo na področju gibalne/športne aktivnosti ali vključujejo vsebine gibalne/športne aktivnosti pri delu z otroki in mladostniki. Naslov letošnjega simpozija se je glasil *Otrok v gibanju za zdravo staranje* s ciljem opozoriti na pomembne povezave med dogajanjem v gibalnem razvoju otroka in trajnostnim vplivom, ki ga ima le-ta na kakovostno in zadovoljno staranje. V letu, posvečenem aktivnemu staranju (European Year for Active Ageing and Solidarity between Generations – 2012), je simpozij pomembno prispeval k ozaveščanju pomena v otroštvu pridobljenih gibalnih kompetenc in gibalnih navad za ohranjanje zdravja v kasnejših razvojnih obdobjih in doseganje kakovosti življenja v pozni odraslosti.

Na simpoziju z mednarodno udeležbo je bilo po sekcijah predstavljenih 44 prispevkov v obliki plenarnih predavanj, posterjev in referatov. Udeleženci so obravnavano tematiko osvetlili z različnih strokovnih vidikov, kar kaže na potrebo po interdisciplinarnem pristopu.

Prispevki so bili objavljeni v recenziranem zborniku simpozija.

dr. Petra Dolenc

THE CREATION OF A NETWORK OF PROFESSIONAL INSTITUTIONS PARTICIPATING IN THE FIGHT AGAINST METABOLIC SYNDROME

Masaryk University, Faculty of Sports Studies, Department of Health Promotion invited the Institute for Kinesiology Research of the University of Primorska, Science and Research Centre to join them in a project funded by European Social Fund in the Czech Republic entitled Metabolic Syndrome: The Creation of a Network of Professional Institutions Participating in the Fight against Metabolic Syndrome. The collaboration was made official with the signing of a contract between the Universities, and began with a visit by Dr. Jitka Koprivová in Koper in Spring, 2012. Dr. Nina Mohorko visited Brno in November, 2012, where I gave a lecture titled The Rhythms of Our World at a workshop for PhD students. The lecture presented the desynchronisation of circadian rhythms due to modern lifestyles as a possible contributor to metabolic syndrome epidemics. The other lecturers were Dr. Martin Matoulek, Dr. Erik Sigmund, Dr. Iva Hrnčířiková, Dr. Lenka Beránková, from the Czech Republic, and Dr. Milan Luliak, from the Republic of Slovakia. Their topics were exercise for persons with metabolic syndrome, and obesity from a nutritional and inactivity perspective in children and adults. As part of the project, Nina Mohorko also gave a lecture to undergraduate students in physiotherapy called Metabolic Syndrome and Contemporary Lifestyles, where I emphasized the Western diet and its effects on metabolic regulation. The next step in the collaboration will be an internship at the University of Primorska for 2 PhD students from the Masaryk University of Brno at the beginning of 2013.

Nina Mohorko, PhD

METABOLICKÝ  SYNDROM

IZGRADNJA MREŽE INSTITUCIJ, KI SODELUJEJO V BOJU PROTI PRESNOVNEMU SINDROMU

Masarykova univerza v Brnu je povabila Inštitut za kineziološke raziskave UP ZRS k sodelovanju pri projektu grajenja mreže inštitucij, ki sodelujejo v boju proti presnovnemu sindromu. Gre za projekt Evropskega socialnega sklada Republike Češke Presnovni sindrom. Univerza na Primorskem je tako podpisala sporazum o sodelovanju z Masarykovo univerzo v Brnu, sodelovanje pa se je udejanjilo s spomladanskim obiskom prof. dr. Jitke Kopřivove v Kopru in z jesenskim obiskom dr. Nine Mohorko v Brnu. Nina Mohorko sem v Brnu sodelovala na delavnici za doktorske študente s predavanjem *The rhythms of our world*, kjer sem predstavila vpliv desinhronizacije cirkadianih ritmov, ki so posledica sodobnega načina življenja, na nastanek presnovnega sindroma. Na delavnici so predavali še dr. Martin Matoulek, dr. Erik Sigmund, dr. Iva Hrnčíříková, dr. Lenka Beránková s Češke in dr. Milan Luliak s Slovaške, ki so predavali o vadbi oseb s presnovnim sindromom in o debelosti, tako v povezavi s prehrano kot pomanjkanjem gibanja pri otrocih in odraslih. V sklopu projekta sem Nina Mohorko predavala tudi študentom fizioterapije, in sicer o presnovnem sindromu v povezavi s sodobnim življenjskim slogom s poudarkom na zahodnjaškem prehranjevanju in z njim povezanimi zapleti v presnovi. Sodelovanje se bo nadaljevalo z obiskom dveh doktorskih študentov z Masarykove univerze na Univerzi na Primorskem v začetku leta 2013.

dr. Nina Mohorko