

## EDITORIAL

This issue of *Annales Kinesiologiae* clearly highlights the parents' perspective and the importance of the entire family in the harmonious motor development of the child. Studies examining the family environment as one of the factors in child development consistently confirm the extraordinary importance of early experiences in the formation of future habits and patterns of behavior in the individual. The challenge of balancing professional obligations and active time with the family is particularly great for parents today. Reasons such as lack of time and bad weather are always convenient excuses, as evidenced by the research findings in the first article in this issue. The generational shift to predominantly negative influences and exercise patterns is fierce and can no longer be denied. The behavioral patterns of today's children are rapidly changing from those of their parents, unfortunately toward an increase in physical inactivity and screen time. Playtime in the same children's natural environment is being reduced. As a result, children are losing the opportunity for important experiences that the natural environment and play in it provide. This issue is explored in the final article. Numerous studies have found that regular moderate-intensity physical activity has a significant impact on health, physical performance, and overall well-being. The other two articles in this issue describe the relationships between body composition and motor skills in children, and moderate-intensity physical activity as a factor in behavioral prevention and improvement of diabetes. It is the task of experts in the interdisciplinary field of kinesiology to continually promote and provide evidence of the importance of regular physical activity, active lifestyles, and active recreation for the quality of life and health of individuals as well as society as a whole. It is also necessary to draw attention to the responsibility of each of us to contribute, within our means, to the awareness and co-creation of a physically stimulating space and environment. Only with intense effort will we be able to overcome the intergenerational decline in physical activity. Adults and even adolescents have a responsibility to young children to encourage through example an active lifestyle.

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Editor

## UVODNIK

Tokratna številka revije pomembno osvetljuje pogled staršev in pomen celotne družine za skladen gibalni razvoj otroka. Študije, ki proučujejo okolje družine kot enega izmed dejavnikov otrokovega razvoja, vedno znova potrjujejo izjemen pomen prvih izkušenj za oblikovanje prihodnjih navad in vedenjskih vzorcev posameznika. V današnjem času je izziv usklajevanja službenih obveznosti in aktivno preživetega časa z družino za starše še posebej velik. Razlogi, kot so pomanjkanje časa in slabo vreme, so vedno znova priročen izgovor, kar z raziskovalnimi ugotovitvami podpira tudi prvi objavljen prispevek v tokratni številki. Generacijske spremembe predvsem negativnih vplivov in vzorcev gibalne neaktivnosti so silovite in jih ni več mogoče zanikati. Vzorci vedenja današnjih otrok se v primerjavi z vzorci njihovih staršev hitro spreminjajo, žal v smeri povečevanja časa gibalne neaktivnosti in zaslonskega časa. Hkrati pa se čas igre v zunanjem naravnem okolju pri istih otrocih zmanjšuje. S tem izgubljajo priložnost za pomembne izkušnje, ki jih nudi naravno okolje in igra v njem. To problematiko proučuje zadnji prispevek tokratne številke. Da redna zmerno intenzivna gibalna aktivnost pomembno vpliva na zdravje, gibalno učinkovitost in splošno počutje, sicer ugotavljajo številne raziskave. Preostala prispevka te številke opisujeta povezave med telesno sestavo in gibalnimi sposobnostmi pri otrocih ter zmerno intenzivno gibalno aktivnostjo kot dejavniki preventivnega vedenja in izboljšanja stanja sladkorne bolezni. Naloga strokovnjakov interdisciplinarnega področja kineziologije je, da vedno znova spodbujajo in dokazujejo pomen redne gibalne aktivnosti, aktivnega življenjskega sloga in aktivno preživetega prostega časa za kakovost življenja in zdravja posameznika in tudi celotne družbe. Pri tem je treba opozoriti tudi na odgovornost vsakega izmed nas, da po svojih zmožnostih prispeva k ozaveščanju in soustvarjanju gibalno spodbudnega prostora in izkušnjsko bogatega okolja. Medgeneracijski upad gibalnih aktivnosti bomo lahko premagali le s prizadevnostjo vsakega izmed nas. Starši otrok in mladostnikov imajo v svoji vlogi pomembno nalogo, da z zgledom in stalno motivacijo svoje najmlajše navdušujejo za redno gibalno udejstvovanje. Prav je, da jim pri tem pomagamo.

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