

## FINAL SCIENTIFIC AND PROFESSIONAL CONFERENCE “MOTOR SKILLS OF PRESCHOOL CHILDREN”

Zagreb, Croatia, August 31<sup>st</sup>, 2018

At the end of the summer, the 4th scientific-professional conference “Motor Skills of Preschool Children” was held in Zagreb. It was organized by the Faculty of Kinesiology, and the Education and Rehabilitation Faculty, University of Zagreb, under the patronage of the President of the Republic of Croatia, the Ministry of Science and Education, and The Agency for Education of the Republic of Croatia. It was attended by over 200 participants.

The purpose of the Conference was to present the results of the UIP-2014-09-5428 project titled “Motor Skills of Preschool Children” funded by the Croatian Science Foundation and was carried out under the guidance of Assist. Prof. Sanja Šalaj, Ph.D. The objectives of the project were as follows:

- a) Evaluating preschool children’s motor skills in the Republic of Croatia,
- b) Determining differences in the motor skills of children with different levels of physical activity and involvement in the implementation programs,
- c) Defining the connections between motor development and other areas of childhood development (socioeconomic and linguistic development),
- d) Establishing the impact of parental support on children’s physical activity and the degree of their physical activity at the level of children’s motor abilities and
- e) Determining the impact of different training programs on motor skills and abilities of pre-school children.

The project included 1,500 girls and boys aged 3 to 7 from various parts of Croatia. The measurements were carried out in two parts, in the first part the parents were requested to fill out a questionnaire, while in the second part the children’s motor skills were assessed with two sets of tests to determine their motor status. In the third year of the project implementation, certain effects of exercise programs on the children’s motor skills were also analysed.

The problems of inadequate motor competencies and overweight children from the kinesiological, medical, health, sociological and psychological point of view, were presented by plenary lecturers from Croatia (Rea Fulgosi-Masnjak, Ph.D., Giovan Armano, Saša Krstulović, Ph.D., Biljana Trajkovski, Ph.D., Sara Cobal, Frane Žuvela, Ph.D.), from Slovenia (Gregor Jurak, Ph.D. and Saša Pišot, Ph.D.) and from Serbia (Boris Popović, Ph.D.) in order to present important findings from the field of child’s development.

A wider selection of motor skills that are already included in the project, such as intervention training and exercises, will enable children to choose from the sports activities that they master and enjoy. Acquiring motor competencies and one’s own satisfaction with physical activity is not given enough emphasis, however, it should be recognized as an important factor for the child’s healthy / unhealthy behaviour and physical activity / inactivity.

The results of the project undoubtedly provide important information for educators, teachers, pedagogues, kinesiologists, health workers and parents advising how to encourage children's motor development in order to achieve multiple benefits and healthy active lifestyle. Therefore, projects like this are always welcome for professional public.

Saša Pišot

## ZAKLJUČNA ZNANSTVENO-STROKOVNA KONFERENCA »MOTORIČKA ZNANJA DJECE PREDŠKOLSKE DOBI«

Zagreb, Hrvatska, 31. avgust 2018

Ob koncu poletja se je v Zagrebu odvijala 4. znanstveno-strokovna konferenca »Motorička znanja djece predškolske dobi«, ki je v organizaciji Kineziološke fakultete in Pedagoško-rehabilitacijske fakultete Univerze v Zagrebu ter pod pokroviteljstvom predsednice Republike Hrvaške, Ministrstva za znanost in izobraževanje ter Agencije za vzgojo in izobraževanje Republike Hrvaške, gostila preko 200 udeležencev.

Namen konference je bil predstaviti zaključne rezultate projekta UIP-2014-09-5428 »Motorička znanja djece predškolske dobi«, ki ga je financirala Hrvatska fundacija za znanost in je v obdobju od 2015-2018 potekal pod vodstvom doc. dr. Sanje Šalaj. Cilji projekta so bili:

- a) vrednotenje motoričnih sposobnosti predšolskih otrok v Republiki Hrvaški,
- b) prepoznavanje razlik v motoričnih spretnostih otrok z različnimi stopnjami telesne aktivnosti in vključenosti v vadbene programe gibalne/športne aktivnosti,
- c) opredelitev povezav razvoja motorike z drugimi področji razvoja v otroštvu (socialnoekonomski in jezikovni razvoj),
- č) ugotoviti vpliv starševske podpore na gibalno/športno aktivnost otrok in stopnjo njihove telesne aktivnosti na ravni motoričnih sposobnosti otrok in
- d) prepoznavanje vpliva različnih programov usposabljanja na motorične spretnosti in gibalne sposobnosti predšolskih otrok.

Projekt je vključeval 1500 deklic in dečkov v starosti od 3 do 7 let iz različnih delov Hrvaške. Meritve so v okviru projekta potekale v dveh delih. V prvem delu so starši otrok izpolnjevali vprašalnik, v drugem delu pa so bili otroci deležni testiranja motoričnih spretnosti z dvema sklopoma testov za oceno njihovega motoričnega statusa. V tretjem letu izvajanja projekta so bili preizkušeni nekateri učinki programov vadbe na motorične spretnosti predšolskih otrok.

Problem nezadovoljivih gibalnih kompetenc in prekomerne telesne mase otrok, so plenarni predavatelji iz Hrvaške (dr. Rea Fulgosi-Masnjak, Giovana Armano, dr. med., dr. Saša Krstulović, dr. Biljana Trajkovski, Sara Cobal, mag., dr. Frane Žuvela), Slovenije (dr. Gregor Jurak in dr. Saša Pišot) in Srbije (dr. Boris Popović) izpostavili iz kineziološkega, medicinsko-zdravstvenega, sociološkega in psihološkega vidika ter predstavili pomembna dognanja iz področja otrokovega razvoja, v povezavi z gibalno/športno aktivnostjo in okoljem.

Širši nabor motoričnih znanj, ki so jih raziskovalci v obliki intervencijske vadbe v projektu že vključili, bo otrokom med drugim omogočil, da izberejo tiste gibalne/športne aktivnosti, ki jih dobro obvladujejo in v njih uživajo. Vzročnemu momentu pridobivanja gibalnih kompetenc in lastnega zadovoljstva v gibanju, se kot pomembnemu dejavniku za nadaljnje zdravo/nezdravo vedenje in gibalno aktivnost/neaktivnost, vse prepegosto ne daje dovolj poudarka.

Rezultati projekta nedvomno podajajo pomembne informacije za vzgojitelje, učitelje, pedagoge, kineziologe, zdravstvene delavce in starše o tem, kako spodbujati otrokov motorični razvoj, za doseganje koristi na številnih področjih in zdravega aktivnega življenja, zato so tovrstni projekti za strokovno javnosti vedno dobrodošli.

Saša Pišot