

## EDITORIAL

Could these be golden days for kinesiology!? If we take a look at today's lifestyle and the time that an average person spends being completely physically inactive, we can quickly find all the reasons for both poor performance and increased rate of illness (most of all chronic non-communicable diseases) of modern society. We have indeed entered an era when health analysis and risk reasons may be accompanied by the question of whether (and to what extent) you have a sedentary lifestyle and not only whether (and how much) you smoke!? Nowadays, the overall increase in physical inactivity is not only a problem of certain groups of society but of all, children and the elderly, an average recreation enthusiast or a potential professional athlete. This is something that we, kinesiologists are convinced of. The question that poses is to what extent the wider society is aware of this issue and the problems it brings along?

The present Editorial and the presentation of articles herein, therefore, deliberately begins at the very end, with an only seemingly less important report on the round table, titled »A KINESIOLOGIST IN THE LABOUR MARKET« which was organized by the Association of Kinesiologists of Slovenia and was held at the Scientific and Research Centre of the University of Primorska in the beginning of November 2016. The contents of the round table can be closely linked to the above-mentioned problems considering a wide spectre of needs, however, the round table can as well be connected with the 2016/2017 competitive skiing season which brought much success to our skier from Maribor, Ilka Štuhec. Our top skier especially likes to point out that her team consists of various professionals who are crucial in order to achieve such exceptional results, and among them, there is also a kinesiologist!

Nevertheless, this issue starts with an article which deals with the detailed examination of all the factors that cause numerous injuries on snowy slopes. Once again, an individual with his or her own characteristics is in the spotlight. Besides a mine of information offered by modern information technology, individuals are still not sufficiently prepared for taking efforts, are still ignorant of the ski slopes rules and regulations and are unreasonably tolerant to deviations from the security requirements that are established by professionals. The following articles further examine the role and importance of elementary movement patterns in motor development from childhood to old age, general physical efficiency and specifically targeted and tailored intervention programs for high-quality and independent lifestyle of the elderly etc. These are just as interesting and modern topics that concern every individual much more than we know. These topics, however, may be brought to the fore of interest only when we are old and incapable of performing daily tasks, when we need help and when we would give anything to overcome ... a flight of stairs!? »In the first half of our life we sacrifice our health in order to make money, in the other half we give money to recuperate health.« This is what was written by the French writer, philosopher and humanist François-Marie Arouet Voltaire (1694–1778) a long ago, yet, a man has not paid any attention to such warnings for centuries. In the articles published in this issue, we can again find evidence that the change only requires a shift in our belief, a real motivation and profes-

sional guidance. Thus, all tailor-made interventions as well as the environment in which we spend the autumn of our life can contribute significantly to more success, health, and, above all, satisfaction of an individual and the society.

Kinesiologists firmly believe in this. Our efforts to persuade the general public are only partially successful. Scientific articles, conferences, meetings of professionals, round tables and other public events, workshops and promotions are a regular feature of our work. We strive for even more efficiency and would like to raise awareness among large crowds. However, can only a fear of illness, powerlessness, weakness and loss be more efficient?

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Editor-in-Chief and Managing Editor

## UVODNIK

Zlati časi za kineziologijo!? Če se ozremo na današnji način življenja in čas, ki ga povprečni posameznik preživi popolnoma gibalno neaktiven, lahko hitro najdemo razloge za vse slabšo učinkovitost in večjo obolevnost (predvsem s kroničnimi nenezljivimi boleznimi) sodobne družbe. Resnično smo stopili v čas, ko je ob analizo zdravstvenega stanja in razloge tveganja morda potrebno že kar na prvo mesto postaviti vprašanje ali (in koliko) sedite in ne le ali (in koliko) kadite!? Splošni porast gibalne neaktivnosti danes ni le problem nekaterih specifičnih skupin temveč vseh, tako otrok kot starostnikov, povprečnega rekreativca ali potencialnega vrhunskega športnika. Kineziologi to vemo! Koliko pa je to vprašanje in iz njega izhajajoča problematika uza-  
veščena v širši družbi?

V tokratnem uvodniku kratko predstavitev prispevkov zato namerno začnemo na koncu, pri le na videz manj pomembnem poročilu iz okrogle mize z naslovom »KINEZIOLOG NA TRGU DELA«, ki je v organizaciji Društva kineziologov Slovenije potekala na Znanstveno-raziskovalnem središču Univerze na Primorskem v pričetku novembra 2016. Vsebino okrogle mize namreč lahko tesno povežemo z zgoraj ome-  
njeno problematiko na širokem polju potreb, lahko pa jo še posebej z navdušenjem povežemo tudi s tekmovalno smučarsko sezono 2016/2017 in uspehi mariborske smu-  
čarke Ilke Štuhec. Naša vrhunska športnica posebej rada izpostavi, da ima v ekipi poleg ostalih strokovnjakov, ki so nujno potrebni za doseganje tovrstnih izjemnih rezultatov, tudi kineziologinjo!

Sicer pa nabor tokratnih prispevkov pričnemo ravno s podrobno obravnavo dejav-  
nikov, ki povzročajo številne poškodbe na zasneženih pobočjih. Ponovno je v ospredju posameznik s svojimi značilnostmi. Ob številnih informacijah, ki mu jih nudi sodobna informacijska tehnologija, še vedno ni dovolj pripravljen na napore, je nepoučen o redu na smučišču in nerazumno toleranten do odstopanj od strokovno uveljavljenih zahtev varnosti. Vloga in pomen elementarnih gibalnih vzorcev v gibalnem razvoju od otroštva do starosti, splošne gibalne učinkovitosti ter posebej usmerjenih in prilagoje-  
nih intervencijskih programov za kakovostno in neodvisno življenje starejših odraslih, kar preučujejo naslednji prispevki, so ravno tako zanimiva in sodobna tematika, ki se slehernega posameznika dotika veliko bolj kot se danes zavedamo. Morda stopi v ospredje interesa šele takrat, ko nam je v starosti onemogočeno opravljanje vsakodnevnih opravil, ko smo potrebni pomoči in ko bi dali vse, da bi lahko premagali ... nekaj stopnic!? »Polovico življenja dajemo zdravje za denar, drugo polovico pa denar, da bi ponovno pridobili zdravje« je, že dolgo tega, zapisal francoski pisatelj, filozof in hu-  
manist François-Marie Arouet Voltaire (1694–1778), pa vendar na ta zgodnja opozorila človek stoletja ni reagiral. V člankih, objavljenih v tokratni številki revije, lahko ponov-  
no najdemo dokaze, da je za spremembo potreben le premik v prepričanju, pravi motiv ter strokovna usmeritev. Tako prilagojene intervencije kot okolje, v katerem preživimo jesen življenja, lahko pomembno prispevajo k uspešnejšemu, zdravemu, predvsem pa zadovoljnemu posamezniku in družbi.

Kineziologi smo v to prepričani. Naša prizadevanja, da bi prepričali tudi laično javnost so le delno uspešna. Znanstveni prispevki, konference, strokovna srečanja, okrogle mize in drugi javni dogodki, delavnice in promocije so stalnica pri našem delu. Želeli pa bi si še večjo učinkovitost in dvig zavedanja med širšimi množicami. Ali so res lahko bolj učinkoviti le strah pred boleznijo, nemoč, slabost in izguba?

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