

## EDITORIAL

How to take advantage of information technology in favour of the exercise / sports activity is a challenge, addressed not only by the manufacturers of sports equipment and technologies but also all the sports professionals who strive to move the curve of the decline in locomotor activity in a positive direction. The questions of how to exploit actively the benefits of tennis video games for the young tennis players are also posed by the authors of the first article that have found positive effects especially in the improvement of visual attention, which, however, cannot replace the real training techniques. The following article reminds us of how important regular physical / sports activity in college years is, which also demonstrates a positive connection between longer and more intense physical exercising and academic achievement. At the same time, the article indicates that a quarter of students in Slovenia still do not reach the recommended levels of sports activities.

In a conference at the 70<sup>th</sup> anniversary of Prof. Carlo Reggiani, Ph.D., we together celebrated the treasure trove of his contributions. The lecturers introduced many new findings and facts, and again highlighted the importance of expertise in the field of skeletal muscles physiology. The next contribution with a similar topic presents the positive effects of electrical stimulation on muscle contraction and, consequently, different adaptations that derive from the procedure. The following article discusses regular physical activity which has become the guarantee for a healthy life and maintaining functional ability in old age. The article highlights the positive effects of an active lifestyle in order to prevent and reduce the problems of the decreasing mental health of the elderly as the most vulnerable groups.

The red thread of scientific and expert conference »Motor Skills of Children« and the first international summer school »Healthy and Active Lifestyle« was the importance of acquiring and mastering movement skills in childhood which seems to be one's physical capital, leading to an active and healthy life style in all life periods. The conference marking the World Food Day 2018 reminded of healthy diet guidelines and confirmed that both movement and healthy nutrition are integral parts of a healthy life style and they simply cannot and should not be treated separately.

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## UVODNIK

Kako izkoristiti informacijsko tehnologijo v prid gibalni/športni aktivnosti je izziv, ki si ga postavljajo ne samo proizvajalci športne opreme in tehnologij, temveč tudi vsi tisti športni strokovnjaki, ki stremijo za ciljem premakniti krivuljo upada gibalne aktivnosti v pozitivno smer. Vprašanje, kako izkoristiti aktivno video igro tenisa pri mlajših teniških igralcih, so si tako zastavili tudi avtorji prvega članka in ugotovili pozitivne učinke predvsem v izboljšanju vizualne pozornosti, ki pa ne more nadomestiti realnega treninga tehnike. Kako pomembna je redna gibalna/športna aktivnost v študentskih letih, nas opozarja naslednji članek, ki ravno tako dokazuje pozitivno povezanost daljše in intenzivnejše vadbe s telesnim fitnessom in študijskim uspehom, obenem pa opozarja na to, da še vedno četrtina študentov v Sloveniji ne dosega priporočljive stopnje gibalne/športne aktivnosti.

Bogata je zakladnica znanja, ki smo jo udeleženci obeležili na konferenci ob 70-letnici prof. dr. Carla Reggianija na Univerzi v Padovi. Prisotni referenti in ostali so predstavili številna nova znanja in dejstva ter znova opozorili, kako pomembna so temeljna poznavanja področja fiziologije skeletnih mišic. Podobno tematiko obravnava tudi prispevek, v katerem avtorji predstavijo pozitivne učinke električne stimulacije na mišično kontrakcijo in posledično njene adaptacije. Da je redna gibalna aktivnost postala garancija zdravega življenja in ohranjanja funkcionalnih sposobnosti tudi v starosti, govori naslednji pregledni članek, v katerem so poudarjeni pozitivni učinki aktivnega življenjskega sloga v preventivi in zmanjševanju problemov upadanja mentalnega zdravja starostnikov kot najbolj ranljive skupine.

Pomen pridobivanja in usvajanja gibalnih kompetenc v otroštvu kot gibalnega kapitala, ki vodi v aktiven in zdrav življenjski slog skozi vsa obdobja, pa je predstavljal rdečo nit znanstvene in strokovne konference »Motorička znanja djece« ter prve mednarodne poletne šole »Healthy and Active Lifestyle«. Poleg smernic zdrave prehrane, ki so bile predstavljene na konferenci ob svetovnem dnevu hrane 2018, so udeleženci konference ponovno potrdili, da sta gibanje in zdrava prehrana neločljiv tandem zdravega življenjskega sloga in ju enostavno ne moremo in ne smemo obravnavati ločeno!

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