

EDITORIAL

Annales Kinesiologiae has published several scientific articles, adding an important value to the role and importance of regular physical / sports activities as well as for the holistic and harmonious development of every individual. Focusing on an individual's health and prevention, several articles present interesting research findings about the preventive role of physical / sports activity and its influence on the overall quality of life. Our readers can also get an insight into numerous events, scientific meetings and congresses with a common straightforward effort to raise awareness of the discussed values. In this number, the topic is presented from a slightly different perspective. These articles all have a common starting point aiming to contribute to a successful sports performance and the quality of exercise. The studied factors are highlighted by both the social aspect – the role of the group and social integration, the set of appropriate nutrition strategies, as well as the functional aspect – the role of motor abilities and technical knowledge. The process of training and development of an individual involved are usually organized and guided by experts – kinesiologists and trainers in cooperation with the interdisciplinary team and, of course, parents when talking about the period of childhood. With the professionally adapted and integrated, but above all, coordinated operation of these factors, we can multiply the effects and impact of exercise and the sport results which is not only shown in sports results or ranking, but will represent an important positive experience for further and sustainable engagement in physical / sports activities.

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UVODNIK

O vlogi in pomenu redne gibalne/športne aktivnosti za celosten in skladen razvoj posameznika, za njegovo zdravje, o preventivni vlogi ter vplivu na kakovost življenja, smo v *Annales Kinesiologiae* objavili že vrsto znanstvenih člankov ter ob tem našim bralcem predstavili številne dogodke, znanstvena srečanja in kongrese, ki jim je skupno ravno prizadevanje za uzaveščenje omenjenih vrednot. V številki, ki je pred vami, je ta problematika izpostavljena nekoliko drugače. Prispevki imajo skupno izhodišče v doprinosu k uspešnemu športnemu nastopu in kakovosti vadbe in treninga. Kot pomembne dejavnike za doseganje cilja pa izpostavljajo tako socialni vidik – vlogo skupine in socialne integracije ter nabora ustreznih strategij prehranjevanja, kot tudi funkcionalni vidik – vlogo gibalnih sposobnosti ter tehničnega znanja. Sam proces vadbe in razvoja posameznika vključenega v vadbo in trening običajno vodijo in usmerjajo strokovnjaki – kineziologi in trenerji, v sodelovanju z interdisciplinarnim timom ter seveda starši ali skrbniki, ko govorimo o obdobju otroštva. S strokovno prilagojenim, celostnim, predvsem pa usklajenim delovanjem navedenih dejavnikov, lahko multipliciramo učinke in doprinos vadbe ter športnega dosežka tako, da ta ne bo izkazan le na področju športnega rezultata/uvrstitve, temveč bo predstavljal pomembno pozitivno izkušnjo ter spodbudo za nadaljnje in trajno udejstvovanje v gibalni/športni aktivnosti.

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