

## EDITORIAL

Three important factors that have always both characterized and separated a man from other living beings are a unique combination of cognitive abilities, social participation and extremely sophisticated physical activity. It has been repeatedly proven that physical competency is one of the most important factors of self-exploration and interaction with the environment as well as a sign of harmonious development and preservation of health. Physical development that takes place in close interaction with the environment (besides genetic and environmental factors), is focused on the acquisition of vital physical competencies, which represents an upgrade of motor skills and motor abilities. In phylogeny, physical activity of a man is much more than just transport movement and has been developing along with the need for survival, communication, creativity and expressiveness, identification, even with the contents of sport as a means of socialization and integration, and also as a social norm. However, in the modern and developed world it has lost its important role. In terms of aggressiveness of the modern environment and changes in modern society, the study of development mechanisms and functioning of the human organism, the basic human habitat, needs to consider and respect the fundamental biological laws. Therefore, the scope of research in the scientific papers and professional recommendations in the second issue of *Annales Kinesiologiae*, year six, is focused primarily on optimizing an individual's and group physical movement with the aim of raising physical abilities, taking care of health and observing recommendations for safe and effective physical activity.

In three review and original scientific articles, their authors represent the importance of endurance exercise in childhood, how the selected training methods can affect some specific metabolic processes and the potential and the need for treatment of specific postures and positions of musicians with the help of kinesiology. Only a safe physical activity is entertaining and acceptable in a sustainable way. The topics of the abovementioned articles are complemented by a series of expert recommendations and Fact Sheets which are listed among the contents of the *Annales Kinesiologiae* journal for the first time, hoping that this shall become a regular practice. The applied value that science is able to offer to direct users will in this way get a new section in the journal, which, I believe, we will be able to conveniently use to good effect at our work. And last but not least, as a regular practice by now, the journal concludes with reports from international scientific conferences which are brought closer to us through the views of the authors and, which, thereby, indirectly involve us in the events and might evoke interest in us for future participation.

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## UVODNIK

Edinstven preplet kognitivnih zmožnosti, socialne participacije ter specifične in izredno dovršene gibalne aktivnosti so trije pomembnejši dejavniki, ki so človeka že od nekdaj značilno ločili od ostalih živih bitij. Dejstvo, da so gibalne kompetence eden od najpomembnejših dejavnikov spoznavanja samega sebe ter interakcije z okoljem pa tudi skladnega razvoja in ohranjanja zdravja, je bilo že večkrat dokazano. Gibalni razvoj, ki poteka v tesni interakciji z okoljem (med genetskimi in okoljskimi dejavniki), je usmerjen k usvajanju življenjsko pomembnih gibalnih kompetenc, kar predstavlja nadgradnjo gibalnih znanj in gibalnih sposobnosti. Gibalna aktivnost, ki je v filogenezi človeka pomenila veliko več kot zgolj transportno gibanje in se je v njegovi kompetenci razvijala s potrebo po preživetju, komunikaciji, kreativnosti in izraznosti, identifikaciji, vse do vsebin športa kot socializacijske in integracijske vsebine, ne nazadnje družbene norme, pa je danes v sodobnem in razvitem svetu izgubila svojo pomembno vlogo. Obravnava mehanizmov razvoja in delovanja človeškega organizma, osnovnega prostora bivanja človeka, z vidika agresivnosti sodobnega okolja in spremenjenih okvirjev sodobne družbe nujno vključuje upoštevanje temeljnih bioloških zakonitosti. In ravno optimizacija gibanja posameznika in skupin s ciljem dviga gibalnih zmožnosti, zagotavljanja zdravja in priporočil varne in učinkovite vadbe so področja obravnave znanstvenih prispevkov in strokovnih priporočil druge številke šestega letnika *Annales Kinesiologiae*, ki je pred vami.

Skozi tri pregledne in izvirne znanstvene prispevke nam avtorji predstavljajo pomen vzdržljivostne vadbe v otroštvu, kako lahko izbrane vadbene metode vplivajo na specifične procese metabolizma ter možnosti in potrebo po kineziološki obravnavi specifičnih drž in položajev glasbenih umetnikov. Le varna vadba je lahko zabavna in učinkovita ter trajnostno sprejemljiva za uporabnika. Tematiko omenjenih prispevkov dopolnjuje prispevek strokovnih priporočil, ugotovljenih dejstev (Fact sheets), ki jih tokrat prvič uvrščamo med vsebine revije *Annales Kinesiologiae* in si želimo, da bi to postala trajna praksa. Uporabna vrednost, ki jo znanost lahko ponudi neposrednemu uporabniku znanja, bo v tej obliki dobila novo rubriko, za katero verjamem, da jo bomo znali s pridom izkoristiti pri našem delu. Kot običajno pa zaokrožujemo tudi to številko s predstavitvami mednarodnih znanstvenih konferenc, ki nam jih avtorji približajo s svojimi pogledi in nas na ta način posredno vključijo v dogajanje ter zainteresirajo za sodelovanje v bodoče.

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