

EDITORIAL

Through the contributions of the authors of the next volume of the Annales Kinesiologiae, we continue the study of kinesiology – the science of human movement. A septagram of kinesiology in all its fields, from considering the **developmental** and **expressive** abilities that movement grants to the individual, to the role in learning about the world – **learning** or finding balance – **health**, its treatment in the everyday **work** environment, relaxation – **recreation** or with the aim of competing – in **sports**, it connects the whole of human activity and being from morning to evening, from birth to death. The articles in this issue present the authors' results, findings and confirmed facts, together with their supplements and elaborations of their content. The physical and social environment surrounding the individual, and indisputably influencing them, is further discussed in two contributions. The results of the original scientific articles thus provide us with guidance and solutions which should be considered by decision-makers in the professional and political public.

Knowledge is a quality product of science and plays a role of an added value for the individual and the wider society. Through research and development, over the last 50 years, we have become the best version of human, but at times some decisions of modern people seem to be backed up by just as much ignorance. Something has gone wrong along the way, and only listening to and understanding knowledge can help us find a way forward. Knowledge should be centred around the person and seek solutions for their own good. If we could put the welfare of the wider society at the centre of this process, and not only our own interests, we would win in any event.

In this journal, the authors offer a number of interesting facts and findings, and they summarize the findings of other experts written in the monograph or presented at the conference. With the ability to connect the presented research issues, we can create a comprehensive picture and make contact with all the areas that kinesiology wants to address.

Prof. Rado Pišot, PhD
Editor in Chief

UVODNIK

S prispevki avtorjev drugega zvezka Annales Kinesiologyae v letu 2019 nadaljujemo obravnavo pojava kineziologije – znanosti o gibanju človeka. Septagram kineziologije s svojimi področji, od obravnave **razvojnih** in **ekspresivnih** zmožnosti, ki jih posamezniku omogoča gibanje, prek njegove vloge v spoznavanju sveta – **učenju** ali iskanju ravnovesja – **zdravja**, obravnave v vsakdanjem **delovnem** okolju, sprostitvi – **rekreaciji** ali zaradi dokazovanja – v športu, povezuje celotno človekovo dejavnost in bivanje od jutra do večera, od rojstva do smrti. Prispevki avtorjev člankov s predstavljenimi rezultati, ugotovitvami in potrjenimi dejstvi nadgrajujejo in dopolnjujejo omenjene vsebine. Fizično in družbeno okolje, ki obdaja posameznika in nanj nedvomno vpliva, pa je v dveh prispevkih še dodatno poglobljeno obravnavano. Rezultati izvirnih znanstvenih člankov nam tako ponujajo usmeritve in predloge rešitev, o katerih bi morala razmišljati strokovna in politična javnost odločevalcev.

Znanje, ki je lahko kakovosten produkt znanosti, se šele v rokah teh udejanji kot dodana vrednost za posameznika in širšo družbo. Z raziskavami in razvojem smo v zadnjih 50 letih postali najboljše izvedbe človeka, samega sebe, vendar se včasih zdi, da so nekatere odločitve sodobnega človeka utemeljene z neizmerno ignoranco. Nekaj se nam je na tej poti zalomilo ter le posluš in dojemljivost za znanje nam lahko pomagata najti tudi pot naprej. Znanje, ki je osredinjeno na človeka in njemu v dobro, išče rešitve. Če bi zmogli v tem procesu v središče postaviti še blagor širše družbe in ne le lastnega, bi zmagali v vseh pogledih.

V reviji, ki je pred vami, avtorji ponujajo številna zanimiva dejstva in ugotovitve ter povzemajo ugotovitve drugih strokovnjakov, zapisane v monografiji oz. predstavljene na konferenci. Z zmožnostjo povezovanja predstavljene raziskovalne problematike si lahko ustvarimo celovito sliko in najdemo stik z vsemi področji, ki jih želi obravnavati kineziologija.

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