

EDITORIAL

Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen your bones and muscles, and improve your abilities in many everyday activities.

Professional athletes are well-known for the stress and strain they put on their bodies, and it is generally accepted that they will eventually suffer physical damage. However, as more male athletes report their personal experiences, more attention is being paid to mental health as well. Stress can be amplified in elite sports, and the pressures they experience in terms of competition and performance can be compounded by adverse life events. The fields of sport psychology and sport psychiatry are rapidly evolving and aim to understand, diagnose, treat and rehabilitate athletes. In this issue, we present a study that examined the prevalence of eating disorders and other behaviours in male and female Slovenian athletes relating to depressive symptoms and alcohol use. Significant differences were found between male and female athletes, and an association was found between eating disorders and depression.

The unique repetitive nature of ballet dance, which often exceeds the stress limits of anatomical structures, leaves dancers vulnerable to injury. This volume evaluates the effectiveness of physiotherapeutic and athletic interventions in treating injuries in ballet dancers.

In recent years, numerous studies have attempted to gather as much information as possible about the abilities and characteristics of young soccer players. Based on the results, most of the conclusions of previous studies that investigated the morphological characteristics of young soccer players can be confirmed. These results indicate that younger soccer players have lower absolute values of morphological characteristics compared to older players.

Outdoor adventure education programming is often referenced as an effective intervention that encourages a wide range of outcomes in participants such as increased confidence, independence and communication skills. But as outdoor adventure education continues to grow globally, what does the academic literature say about outcomes related to these programs? In this issue, you will find a summary of the academic literature on one of the major international providers of outdoor adventure education, Outward Bound. Fifty-four studies published between 1995 and 2019 have been summarized in this review. Recommendations are made for developing more rigorous methods for understanding the role of the physical environment in the learning experience and for using theoretical approaches to integrate outdoor adventure education into broader academic fields.

James Parkinson recognized that progressive Parkinson's disease (PD) is associated with debilitating postural instability and gait difficulty (PIGD) such as falls and freezing of gait. PD initially causes physical symptoms but later, problems with cognitive function, including forgetfulness and difficulty concentrating, may occur. As the disease worsens over time, many people develop dementia. For this reason, we are pleased to report on the activities of the TwinBrain Summer School "Neuroscience of Movement:

Exploring Brain Dynamics in Parkinson’s Disease and Related Disorders”, which was held in Piran, Slovenia in July 2022. Two other activities that we are presenting in this issue are the 4th International Conference on Technology Innovations for Healthcare (ICDHT), Magdeburg, Germany, and the annual “Knowledge for Health” event, traditionally organised for the general public by ZRS Koper and the Izola General Hospital.

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UVODNIK

Gibalna/športna aktivnost lahko izboljša delovanje možganov, pomaga uravnati telesno maso, zmanjša tveganje za bolezni, okrepi kosti in mišice in izboljša številne sposobnosti vsakega posameznika pri vsakodnevnih dejavnostih.

Poklicni športniki so dobro znani po tem, da zelo obremenjujejo svoje telo, in v splošnem velja, da bodo sčasoma utrpeli telesne poškodbe. Ker vse več moških športnikov deli svoje osebne izkušnje, se vse več pozornosti namenja duševnemu zdravju v vrhunskem športu. Stres se lahko v vrhunskem športu dodatno poveča, pritisk, ki ga doživljajo v zvezi s tekmovanjem in uspešnostjo, pa lahko povečajo še neugodni življenjski dogodki. Področji športne psihologije in športne psihiatrije se hitro razvijata ter sta usmerjeni v razumevanje, diagnosticiranje, zdravljenje in rehabilitacijo športnikov. V tej številki med drugim predstavljamo raziskavo, ki je proučevala razširjenost prehranskih motenj in vedenja pri slovenskih športnikih in športnicah v povezavi z depresijo in zlorabo alkohola. Ugotovljene so bile pomembne razlike med športniki in športnicami ter povezava med motnjami hranjenja in depresijo.

Zaradi edinstvene ponavljajoče se narave gibov pri baletnem plesu, ki pogosto presega meje obremenitve anatomskih struktur, so baletnice in baletniki pogosto izpostavljeni poškodbam. V tej številki avtorji predstavljajo oceno učinkovitost fizioterapevtskih in kinezioloških obravnav pri zdravljenju poškodb baletnih plesalcev.

V zadnjih letih so številne raziskave poskušale zbrati čim več informacij o sposobnostih in značilnostih mladih nogometašev. Na podlagi rezultatov je mogoče potrditi večino ugotovitev prejšnjih raziskav, ki so proučevale morfološke značilnosti. Ti rezultati kažejo, da imajo mladi nogometaši v primerjavi s starejšimi nižje vrednosti morfoloških značilnosti.

Programi izobraževanja na prostem se pogosto omenjajo kot učinkovita intervencija, ki pri udeležencih spodbuja širok nabor rezultatov, kot so večja samozavest, neodvisnost in komunikacijske spretnosti. Ker pa trend izobraževanja na prostem globalno narašča, se avtor članka v tej številki sprašuje, kaj o rezultatih, povezanih s tovrstnimi programi, pravi strokovna literatura. V temeljitem preglednem članku boste našli povzetek strokovne literature o enem od glavnih mednarodnih ponudnikov izobraževanja na prostem Outward Bound. V pregledu je povzetih 54 raziskav, objavljenih med letoma 1995 in 2019. Navedena so priporočila za razvoj strožjih metod za razumevanje vloge fizičnega okolja pri učni izkušnji in za uporabo teoretičnih pristopov za vključevanje izobraževanja na prostem v širša akademska področja.

James Parkinson je ugotovil, da je progresivna Parkinsonova bolezen (PB) povezana z izčrpavajočimi značilnostmi posturalne nestabilnosti in težavami s hojo (PNTH), kot so padci in zamrznitev hoje. PB sprva povzroča telesne simptome. Pozneje se lahko pojavijo težave s kognitivnimi funkcijami, vključno s pozabljivostjo in nezmožnostjo koncentracije. Ko se bolezen sčasoma poslabša, se pri številnih ljudeh razvije demenca. Zato z veseljem poročamo o dejavnostih poletne šole TwinBrain Nevroznanost gibanja: Raziskovanje možganske dinamike pri Parkinsonovi bolezni in sorodnih motnjah, ki je

julija 2022 potekala v Piranu. Drugi poročili se nanašata na 4. mednarodno konferenco o tehnoloških inovacijah v zdravstvu (ICDHT), ki je potekala v Magdeburgu v Nemčiji, ter na vsakoletni dogodek Znanje za zdravje, ki ga za širšo javnost tradicionalno organizirata ZRS Koper in Splošna bolnica Izola.

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