

EDITORIAL

Due to a serious health threat and in order to preserve our very existence, society has had to give up numerous activities in a short period of time, including much that gives life meaning. In the situation in which we have found ourselves, the task of a responsible state was to implement meaningful, scientifically and professionally supported measures that would enable every individual to achieve and preserve this value. Proceeding from the basic definition of health as a holistic and long-term dimension, it was certainly necessary to treat it as such. Ensuring health, however, is far from being the responsibility of the public health sector alone, rather of many other agents which may directly or indirectly affect people's wellbeing. The measures adopted to contain the spread of coronavirus thus included the closure of schools and gyms, as well as bans on organized sports training, use of sports playgrounds, and gatherings in public spaces. In addition to already implemented restrictions of movement in general, these further impeded exercise and sports training, including their supervised and organized forms. When discussing and professionally analyzing the measures adopted, it is important to recognize that in the desire to contain the infection (a clear threat to health) through such measures, unfortunately, we are indirectly establishing other circumstances that pose a direct threat to human health.

During the ten years of its existence, *Annales Kinesiologiae* has published many articles which scientifically substantiate the role and importance of physical/sports activity, exercise and training for the preservation of a balanced functioning of the human organism, of one's health, motor competence, and of the quality of life in one's different roles and activities. The authors of the scientific articles in this issue continue this important mission by scientifically corroborating the role of physical activity and sports training as a lever for a healthy development and maintenance of balance under the impacts of social and physical environments. Once again, we can follow relevant contributions to the science of kinesiology and its profession complemented by presentations of new research projects, publications, and conferences from this field.

On the 10th anniversary of the *Annales Kinesiologiae* journal and of scientific publication within the Annales ZRS Scientific Publishing House I wish to congratulate the authors, past and present, and particularly the core of the editorial board and all editorial collaborators, as well as numerous reviewers. Without their effort and extensive volunteer work we could not have come this far and the science of kinesiology would have been denied many interesting publications and presentations of research achievements. I am convinced that our journey and hard work will one day be rewarded by *Annales Kinesiologiae* being admitted among journals with appropriate scientific indexing.

Prof. Dr. Rado Pišot
Editor-in-Chief and Managing Editor

UVODNIK

Zaradi hude grožnje zdravju in ohranjanja golega življenja se je naša družba v kratkem času morala odpovedati številnim dejavnostim in s tem tudi razlogom, ki življenju dajejo smisel. V položaju, v katerem smo se znašli, je bila naloga odgovorne države poiskati smiselne, znanstveno in strokovno podprte ukrepe, ki bodo vsakemu posamezniku zagotovili doseganje in ohranjanje te vrednote. Ker je zdravje, že izhajajoč iz temeljne opredelitve zelo celostna in dolgoročno opredeljena dimenzija, ga je bilo vsekakor treba tako tudi obravnavati. Pri tem pa to še zdaleč ni le v pristojnosti zdravstvenega sektorja, temveč tudi številnih drugih, ki nanj vplivajo neposredno ali posredno. Med ukrepi za zajezitev okužbe s koronavirusno boleznijo so bili sprejeti tudi ukrepi, kot so zaprtje šol in telovadnic, prepoved organizirane športne vadbe, treningov, prepoved uporabe igrišč in druženja na javnih prostorih. Ukrepi, ki ob omejevanju gibanja na splošno, dodatno onemogočajo gibanje in športno vadbo – tudi nadzirano in organizirano. Ob obravnavi in strokovni analizi sprejetih ukrepov se je treba zavedati, da v želji po zajezitvi okužbe (grožnje zdravju) s takimi ukrepi posredno žal poudarjamo prav vzvode, ki neposredno ogrožajo zdravje?!

Annales Kinesiologiae je v desetih letih obstoja izdala številne prispevke, ki znanstveno utemeljujejo vlogo in pomen gibalne/športne aktivnosti, vadbe in treninga za ohranjanje ravnovesja delovanja organizma človeka, za njegovo zdravje, gibalne kompetence in kakovost življenja v različnih vlogah in dejavnostih. Tudi avtorji znanstvenih prispevkov v tej reviji nadaljujejo to pomembno poslanstvo z znanstveno utemeljitvijo vloge gibalne aktivnosti in športne vadbe kot vzvodov za zdrav razvoj in ohranjanje ravnovesja pod vplivom družbenega in fizičnega okolja. Tudi tokrat lahko sledimo pomembnim prispevkom kineziološki znanosti in stroki, ki jih dopolnjujejo predstavitve novih raziskovalnih projektov, publikacij in konferenc s področja.

Ob deseti obletnici revije *Annales Kinesiologiae* in znanstvenega objavljanja v okviru znanstvene založbe Annales ZRS želim čestitati vsem dosedanjim avtorjem, še posebej pa ožjemu in širšemu uredniškemu odboru in številnim recenzentom. Zavedati se moramo, da brez njihovih prizadevanj in obsežnega prostovoljnega dela te poti ne bi prehodili, kineziološka znanost pa bi bila prikrajšana za številne zanimive objave in predstavitve raziskovalnih dosežkov. Verjamem, da bosta ta pot in prizadevno delo nekoč nagrajena tudi z umestitvijo revije *Annales Kinesiologiae* med revije z ustreznim indeksom.

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