

CONFERENCE REPORT: 10th JUBILEE INTERNATIONAL SCIENTIFIC AND PROFESSIONAL CONGRESS - A CHILD IN MOTION 2019

Piran, Slovenia, 7–9 November 2019

The International Scientific and Professional Congress “A Child in Motion” celebrates 20 years. I sincerely congratulate the Institute for Kinesiology Research of the Science and Research Centre Koper, which in cooperation with many partners managed to set the symposium at such a high level. Not only for this event, but especially because twenty years of professional and scientific meetings and socializing demonstrate the sustainable orientation of your work and promise thoughtful effects of your professional work and research.

In the days when experts in Portorož will deal with demanding issues of child development, we are celebrating Children’s Week. This framework adds to your work a special awareness of the importance and role of the child, his or her healthy development, and commits everyone to the responsibilities imposed on us by future generations.

*President of the Republic of Slovenia Borut Pahor,
honorary patron of the congress “A Child in Motion”*

The tenth jubilee scientific and professional congress “A Child in Motion” was, as before, organized by the Science and Research Centre Koper, Institute for Kinesiology Research. The congress, which focuses on children and adolescents and their healthy physical and holistic development, is becoming an international reference conference in this part of Europe. The partners in the organization of the congress are the Faculties of Education in Koper, Ljubljana and Maribor, the Dr. Adolf Drolc Healthcare Center, the Faculty of Sports and the Biotechnical Faculty of the University of Ljubljana, as well as the Slovenian Kindergarten Association and the Slovenian Paediatric Association. Once again, the congress was attended by many important foreign guests.

The vision of the 10th congress was “To provide an active environment for children and adolescents”. The conference was attended by 231 active participants from 11 countries, and included three invited lecturers, 14 plenary scientific lecturers, 46 scientific papers and 168 professional presentations, five of which were professional workshops. The emphasis can be summed up in the meaning of daily physical / sports activities of children in school or kindergarten and outside. In school children, physical / sports activity is encouraged not only in the course of physical education, but also in other school subjects. Only in this way can we provide the child with enough physical stimuli and sufficient amounts of physical / sports activity important for the development of resilience and health, motor and cognitive competencies, creativity, and thereby contri-

bute to emotional and social maturation. Unfortunately, today's lifestyle, which society shapes and offers to young people, does not allow this and will require a holistic effort on the part of many stakeholders.

In parallel with the congress, we hosted important guests of the international project "Knowledge Hub on the Euro-Mediterranean region - MED-HUB", led by the Euro-Mediterranean University in partnership with the organizers of the congress, which linked the professional and scientific pool of our Mediterranean region to seek solutions and enrich study programs within the whole European region.

Boštjan Šimunič, Rado Pišot, Tadeja Volmut

POROČILO S KONGRESA: 10. JUBILEJNI MEDNARODNI ZNANSTVENI IN STROKOVNI KONGRES – OTROK V GIBANJU 2019

Piran, Slovenija, 7.–9. november 2019

Mednarodna znanstvena in strokovna konferenca "Otrok v gibanju" praznuje 20 let. Inštitutu za kineziološke raziskave Znanstveno-raziskovalnega središča Koper, ki mu je v sodelovanju s številnimi partnerji simpozij uspelo postaviti na tako visoko raven, iskreno čestitam. Ne le za tokratno prireditel, predvsem za to, ker 20 let strokovnega in znanstvenega sestajanja in druženja kaže na trajnostno naravnost vašega dela ter obeta premišljene učinke vašega strokovnega dela in raziskovanja. V dneh, ko se boste v Portorožu strokovnjaki ukvarjali z zahtevnimi vprašanji otrokovega razvoja, obeležujemo Teden otroka. Ta okvir dodaja vašemu delu posebno zavedanje o pomenu in vlogi otroka ter pomembnosti njegovega zdravega razvoja, zavezuje pa tudi k odgovornosti, ki nam jo nalagajo prihajajoče generacije.

*Predsednik Republike Slovenije Borut Pahor,
častni pokrovitelj konference Otrok v gibanju*

Deseto jubilejno znanstveno in strokovno konferenco Otrok v gibanju je kot vse do zdaj organiziral Inštitut za kineziološke raziskave Znanstveno-raziskovalnega središča Koper. Konferenca, ki daje v ospredje otroka in mladostnika ter njun zdravi telesni in celostni razvoj, postaja mednarodna referenčna konferenca v tem delu Evrope. Kot partnerji pri njeni organizaciji sodelujejo Pedagoške fakultete v Kopru, Ljubljani in Mariboru, Zdravstveni dom dr. Adolfa Drolca, Fakulteta za šport in Biotehnična fakulteta Univerze v Ljubljani, Skupnost vrtcev Slovenije in Združenje pediatrov Slovenije. Tudi tokrat so se konference udeležili številni pomembni tuji gosti.

Vizija 10. konference je bila »Zagotovimo otroku in mladostniku aktivno okolje«. Konference se je udeležilo 231 aktivnih udeležencev iz 11 držav, ki so se predstavili s tremi vabljenimi referati, 14 uvodnimi znanstvenimi predavanji, 46 znanstvenimi prispevki in 168 strokovnimi referati, od katerih jih je bilo pet predstavljenih v strokovni delavnici. Poudarke lahko strnemo v pomenu vsakodnevne gibalne/športne aktivnosti otrok v šoli in vrtcu in zunaj teh. Pri šolskih otrocih gibalno/športno aktivnost ne spodbujamo le pri predmetu šport, temveč tudi pri drugih šolskih predmetih. Le tako lahko otroku zagotovimo dovolj gibalnih spodbud in zadostno količino gibalne/športne aktivnosti, pomembne za razvoj odpornosti in zdravja, njegovih gibalnih in kognitivnih kompetenc in ustvarjalnosti, ter prispevamo k čustvenemu in družbenemu dozorevanju. Žal današnji življenjski slog, ki ga družba oblikuje in ponuja mladim, tega ne omogoča, zato bo potrebno celostno prizadevanje.

Hkrati s kongresom smo gostili tudi pomembne goste mednarodnega projekta »Knowledge Hub on the Euro-Mediterranean region – MED-HUB«, ki ga vodi Evro-sredozemska univerza v partnerstvu z organizatorji kongresa, ki je povezal stroko in znanost naše sredozemske regije v prioritete razvoja novih rešitev in študijskih programov celotne evropske regije.

Boštjan Šimunič, Rado Pišot, Tadeja Volmut