

Preface of Monography:  
Prof. Dr Eminović Fadilj and Prof. Dr Dopsaj Milivoj  
“EFFECTS OF APPLICATION OF PHYSICAL ACTIVITY ON THE  
ANTHROPOLOGICAL STATUS OF CHILDREN, YOUTH AND ADULTS”  
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Physical activity, self-awareness, intellectual abilities, social integration, are all elements that intersect and influence each other. All this takes place regardless of the skill and agility of each of us. Exercise improves the quality of life for people of any age, gender, economic and social conditions, religious beliefs, regardless of their relationship with the environment. A skilled or disabled person, in short, lives better if doing gymnastics.

This truth was known very well by ancient populations. The tenth satire of Decimus Iunius Iuvenalis, Roman poet and rhetorician (I Century, AD), “Mens sana in corpore sano”, is all aimed at showing the vanity of values or goods (such as wealth, fame and honor) that men are trying, by any means, to obtain. Only the truly wise person realizes that everything is ephemeral, and sometimes even harmful. The intention of the poet, the man should aspire to only two goods: the soul's health and the health of the body.

In the book “Effects of application of physical activity on the anthropological status of children, youth and adults”, by Eminović Fadilj and Dopsaj Milivoj, the importance of body exercise in our life is stressed in a scientific way. All the authors are scientists that use the biomedical statistics in research to understand better the influence of physical activity in a wide range of social groups. The place of origin of the authors gives a huge universality to the contents of the book.

In the first chapter Carlo Lai, Gaia Romana Pellicano, Navkiran Kalsi, Giuseppe Massaro, Clelia Giulia Turetta, Daniela Altavilla discuss about pregnancy and mother-child relationship. Fetuses follow behavioral patterns, such as the sleep-wake cycle, which are determined by regularity of heart rate, eye movements and fetal movements. The first experiences

during pregnancy promote a stronger maternal-fetal bonding and postnatal maternal-child interaction, which are crucial for the future child wellbeing.

In the second chapter Ivana Milanović, Olivera M. Knezević, Miloš M. Marković, Slađana R. Rakić, Snežana Radisavljević Janić, and Dragan M. Mirkov studied the potential difference in Cardiorespiratory Fitness between schoolchildren from urban and rural areas. Monitoring and prevention of overweight and obesity in childhood in the school represents an important indicator for the public health policy in the prevention of cardiovascular and metabolic diseases and is impressive the high number of schoolchildren.

In the third chapter Tadeja Volmut, Rado Pišot, Boštjan Šimunič studied the effect of regular sport exercise on muscle contractile properties in children. The health benefits of physical exercise well beyond physical health, having a positive impact on the domains of motor skills, psychological well-being, cognitive development, social competence, and emotional maturity.

In the 4th chapter Aco Gajević and Jelena Ivanović describe the trend changes in physical fitness in children of elementary school age. Modern lifestyle has led to reduce motion and habitual physical activities, which have a negative influence on social health. Regarding the results obtained using comparative analysis of current testing and previous researches, the authors concluded that the National Plan does not meet the needs of the health status in children and it must be reviewed and appropriately modified.

In the 5th chapter Robert Lockie deals with the effects of linear and change of direction (COD) speed training on the sprint performance of young adults. The study interestingly stressed the concept of differences between the linear and COD speed because this sets the ground for specific trainings. Besides the analysis of the specific trainings could help the trainers to personalize the athletes' trainings.

In the 6th chapter Itaru Enomoto describes how in Japan and in many other countries socioeconomic transformation over the previous decades has induced a decline in fitness level

for young adolescents. The study of Japanese female university freshmen is very interesting since it has brought out importance and positive impact of the sports experience from childhood to adolescence on physical fitness.

In the 7th chapter Fadilj Eminovic and Dragana Kljajic state that regular applied physical activity in people with Spinal Cord Injury can improve the level of functional abilities, motivation and quality of life. Applied physical exercises and sport activities are considered as a real therapy able to produce evident improvements of motor and functional abilities, to ameliorate the psychological state of the individual and to prevent systemic complications of SCI.

In the 8th chapter, Yeshayahu Hutzler describes the evolution of the two concepts of adaptation, UD (Universal Design) and UDL (Universal Design for Learning) in relation to physical activity and sports in persons with limiting conditions, such as the disabled and with health impaired.

In the chapter 9 Keith Storey focuses on the importance of recreation and integration for people with disabilities. Allow people with disabilities to participate in recreational activities in an integrated settings, is a way to let them know new people, engage new relationship, and improve their quality of life.

In the 10th chapter, Hana Válková shows the results of a pilot study based on the principles of the Special Olympics Healthy Athlete (SO HA) Program, in which 54 cross-country skiers with moderate intellectual disabilities were enrolled in order to collect data about their main health and fitness related. The author, through personal previous studies and a large amount of references, offers a comprehensive description of various interesting topics regarding physical activity and health behaviour in persons with intellectual disability, like obesity, bad eating habits and cardiovascular issues.

In the eleven chapter Milivoj Dopsaj, Marina Đorđević-Nikić, Miloš Maksimović deal with the existing relationship between physical activity and the changes in body composition in population of both genders living in Belgrade. Points of strenght are the high number of candidates, the long period of observation and data collection, the clear indication of the exclusion criteria,

and the use of methods of last generation for the measurement of parameters of body composition (DSM-BIA).

In the twelve chapter Bryan McCormick points out that sedentary behavior is distinct from a lack of physical activity; physical activity and sedentary behavior can exist at the same time. Children and adolescents who begin with high levels of sedentary behavior are more likely to become highly sedentary adults, with attendant health risks.

In the 13th chapter Nevena Veljković, Sanja Glisić, Branislava Gemović, and Veljko Veljković present physical exercise as supportive therapy in cancer and HIV disease; experimental and clinical data presented in this chapter are supported by several studies.

In the 14th chapter Dragan Pavlović showed a positive correlation between physical activity and cognitive abilities. Regular exercises reduces morbidity and mortality even in patients with chronic diseases. In older people, physical activity reduces risk of falls and cognitive decline. They considered whether the exercise in the midlife has long-lasting cognitive effects in the older age.

In the 15th chapter Evdokia Samouilidu, Sanela PaciĆ, Radmila Nikić, and Fadilj Eminović show interesting scientific evidences about the impact of physical activity on older people and underlines the need to facilitate access to physical activity for older people.

The book written and coordinated by Fadilj Eminović and Milivoj Dopsaj represents an occasion to understand better the relationship between physical activity, sports, abled and disabled people. Sports scientists, Physicians, Sports doctors, Physiatrists, Physiologists, Physiotherapists, Psychologists, Biomechanics, are the first involved readers. They can find along the book ideas and suggestions for their professional life.

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