

FOUNDATION ANNIVERSARY PROMOTION OF THE OLYMPIC COMMITTEE OF KOSOVO,

27th May, 2016

On 27th May 2016, the Olympic Committee of Kosovo (OCK) organized Olympic Day, which was intended to promote the anniversary of the OCK. The Institute of Kinesiology Research, University of Primorska, was invited to actively participate and promote the event. The main role of the Institute of Kinesiology Research was measuring anthropometric and motor skills of the children who were actively involved in various activities.

The measurements were attended by 23 children aged between the ages of 7 and 8. Anthropometric analysis included measurements of height, weight and body composition (body mass index, fat mass, muscle mass, free fat mass and total body water). Motor skills analysis included countermovement jump, 10-meter sprint, maximal voluntary isometric knee extension and flexion. All measurements followed each other in a logical sequence. The aim of the measurements was to compare the results of Kosovar children with children from more developed countries who took part in a similar analysis.

The main purposes why the Institute of Kinesiology Research, University of Primorska, participated at the Olympic Day in Kosovo were to obtain information about locomotor status of Kosovar children, to demonstrate the operating principles of the Institute in a developing country and to establish new contacts together with further opportunities for future cooperation with the OCK.

Matej Kleva

PROMOCIJA OBLETNICE USTANOVITVE OLIMPIJSKEGA KOMITEJA KOSOVA

27. maj 2016

Olimpijski komitej Kosova je 27. maja 2016 organiziral olimpijski dan, ki je bil namenjen obeleženju obletnice njegove ustanovitve. Inštitut za kineziološke raziskave Univerze na Primorskem je bil povabljen k aktivni udeležbi in promociji tega dogodka. Glavna vloga Inštituta za kineziološke raziskave je bila izvedba meritev antropometrijskih in gibalnih sposobnosti otrok, ki so sodelovali v različnih aktivnostih.

Meritev se je udeležilo 23 otrok starih 7 ali 8 let. Člani Inštituta smo v okviru antropometrijske analize izmerili telesno maso in višino ter analizirali telesno sestavo (indeks telesne mase, maščobna masa, mišična masa, pusta maščobna masa in odstotek vode v telesu). Analiza gibalnih sposobnosti je vključevala skok z nasprotnim gibanjem, leteči šprint na 10 metrov in največjo hoteno mišično kontrakcijo v smeri iztega in upogiba kolena. Vse meritve so si sledile v smiselnem zaporedju. Cilj meritev je bil primerjati rezultate kosovskih otrok z rezultati otrok iz bolj razvitih držav, ki so bili deležni podobnih meritev.

Primarni namen sodelovanja Inštituta za kineziološke raziskave Univerze na Primorskem na omenjenem dogodku je bil pridobiti informacije o gibalnem statusu kosovskih otrok, prikazati princip delovanja Inštituta državi v razvoju in vzpostaviti nove medosebne vezi ter možnosti za morebitno prihodnje sodelovanje z Olimpijskim komitejem Kosova.

Matej Kleva