

REPORT FROM THE ROUND TABLE "A KINESIOLOGIST IN THE LABOUR MARKET"

Slovenian Association of Kinesiology,
Science and Research Centre of Koper, Institute for Kinesiology Research
Koper, 8th November, 2016

Kinesiology is a young science whose main content is the study of human movement (physical activity). In a broader sense, kinesiology is the science that examines the nature principles and the management process of human movement and the effects of these processes on the human organism in relation with its living and working environment. In Slovenia, the formal study of kinesiology is possible in two study programs, namely, the program of (Applied) Kinesiology at the University of Primorska and the program of Kinesiology at the University of Ljubljana, Faculty of Sport. Kinesiology as the field of study has been in the constant development since 2010. Nowadays, first kinesiologists, B.Sc. and M.Sc. are successfully placed within the labour market.

The profession of kinesiologist is one of the youngest professions in Slovenia. In the description of the Standard Classification of Professions (SKP-08) the profession of kinesiologist is described as a health expert / specialist. The content of kinesiology and the occupation of kinesiologist is placed among the fields of health, sports and safety and occupational health. Currently, the profession is systemically placed in the existing as well in the new draft to *Sports Act*. Thus, a kinesiologist is an educated expert in the field of sport and thereby a regulated profession in Slovenia. As an educated expert it is placed also in the *Resolution on the national program on nutrition and physical activity for health in 2015 – 2025*. Continuous efforts are being made to place the profession of kinesiologist also in the national system in health field and in the area of health and safety at work.

In accordance with the placement of kinesiology and kinesiologists in the content of modern society, their main competencies / skills are as followed:

- Designing health promotion programs;
- Planning and implementation of preventive health programs;
- Planning, implementation, evaluation and analysis of programs of exercise / sport activity for health;
- Participating in the implementation of therapeutic and rehabilitation programs;
- Implementing the programs of exercise / sports activities for different age and target groups (children, adults, seniors, persons with disabilities, persons with chronic non-communicable diseases, like asthma, diabetes, ...);
- Implementing the preventive measures of physical characteristics, motor abilities, and their use in the preparation of the system and / or individually tailored prevention programs;
- Designing and implementing a basic ergonomic analysis of the workplace and preparing measures to improve the health of the selected job;

- Implementing programs of condition training in elite sport;
- Participating in and advising on the procedure of planning physically and movement stimulating environments.

With these and other specific competences and skills, kinesiologists are employable in the public sector (e.g. Collaborator and Referee for Sport in municipalities), as operators of national projects (Healthy Lifestyle, Human Resources Development in the Sport, Together for Health, The National Program of Sport Discipline in schools...) or independently on the labour market, employed by companies (e.g. private retirement homes, spas, hotels or sports centers ...) or as self-employed.

On 8th November 2016, the Slovenian Association of Kinesiology together with Science and Research Centre of Koper, Institute for Kinesiology Research organized a round table titled "Kinesiologist in the Labour Market" in the library of the Scientific Research Centre of Koper in order to open a conversation on the topic of employability of kinesiologists between the representatives of different institutions and organizations. Official guests of the round table were Boro Štrumbelj, Ph.D., Director General of Directorate of Sport from the Ministry of Education, Science and Sport, Assoc. prof. Edvard Kolar, Ph.D., Secretary General of the Olympic Committee of Slovenia, prof. Rado Pišot, PhD., Director of the Science and Research Centre Koper and the President of Slovenian Association of Kinesiology, prof. Damir Karpljuk, Ph.D., vice-dean of the Faculty of Sport, University of Ljubljana, Mr. Marjan Plavčak, the President of the Slovenian Association of Physical and Sport Teachers, Vedran Hadžič, PhD., the Kinesiology Study Program Coordinator at the University of Ljubljana, Matej Plevnik, Ph.D., a lecturer at the study program Applied Kinesiology at the University of Primorska, Anja Andrenšek, an undergraduate student of applied kinesiology at University of Primorska and Maja Dakskobler, Univ. Sc. kin., a Kinesiology graduate from the University of Ljubljana.



Kinesiology students and other guests filled the venue.

The contents of the round table was divided in four topics, namely, a kinesiologist's competences, the current employment opportunities for kinesiologists, the relationship between education programs and the training in the field of sport and an insight into the future directions and the development of kinesiology. Guests noted that a kinesiologist as an educated professional is placed in the existing Sports Act, as well as in the draft of the new Act, which will be accepted in the near future. They shared the opinion that the society needs educated professionals from the field which covers kinesiology, but that it is also necessary to make further efforts to expand the knowledge of the profession and its fields of activity, especially in the area of health and safety and health at work. As examples of good practice they mentioned some cases where kinesiologists are well-placed in the labour market, as well as the projects and financial mechanisms through which they are incorporated into the labour market (Healthy Lifestyle, Human Resources Development in the Sport, Together for Health, The National Program of Sport Discipline and others). The event was concluded with the decision that it is necessary to strive for greater integration of the institutions that educate kinesiologists in Slovenia and make further efforts for the spread of systemic arrangements in the field of employment for kinesiologists and the promotion of kinesiology as a professional field and a scientific discipline. Younger colleagues expressed their hopes for their older, already graduated colleagues, to help create new employment opportunities through their good work and through setting the examples for them.

Matej Plevnik, Rado Pišot

POROČILO Z OKROGLE MIZE »KINEZILOG NA TRGU DELA«

Društvo kineziologov Slovenije,
Znanstveno-raziskovalno središče Koper, Inštitut za kineziološke raziskave
Koper, 8. november 2016

Kineziologija je mlada znanost, katere osrednja vsebina je preučevanje gibanja človeka. V širšem pomenu besede je kineziologija znanost, ki preučuje zakonitosti upravljanja procesov gibanja človeka in posledice delovanja teh procesov na človekov organizem, v odvisnosti in povezavi z njegovim življenjskim in delovnim okoljem. V Sloveniji je študij kineziologije mogoč na dveh študijskih programih, in sicer programu Aplikativne kineziologije na Univerzi na Primorskem ter programu Kineziologije na Univerzi v Ljubljani. Študijsko področje kineziologije je v razvoju od leta 2010 dalje, danes pa se na trg dela uspešno umeščajo prvi diplomirani kineziologi in magistri kineziologije.

Poklic **kineziologa** je v Sloveniji eden mlajših. V standardni klasifikaciji opisa poklicev (SKP-08) je poklic kineziologa opisan kot zdravstveni strokovnjak/strokovnjakinja. Vsebinsko se polje delovanja umešča med zdravstvo, šport in varnost ter varovanje zdravja pri delu. Sistemsko je trenutno umeščen v obstoječi, kot tudi novi predlog *Zakona o športu*. Tako je kineziolog tudi izobražen strokovnjak na področju športa in s tem reguliran poklic v Sloveniji. Kot izobražen strokovnjak je umeščen tudi v *Resolucijo o nacionalnem programu o prehrani in telesni dejavnosti za zdravje 2015 – 2025*. Ves čas potekajo prizadevanja, da bi poklic kineziologa vsebinsko primerno sistemsko umestili tudi na področju zdravstva in na področju zdravja in varnosti pri delu.

Skladno z umestitvijo kineziologa, so njegove glavne kompetence/veščine naslednje:

- Oblikovanje programov promocije zdravja,
- Načrtovanje in izvedba preventivnih programov zdravja,
- Načrtovanje, izvedba, vrednotenje in analiza programov gibalne/športne aktivnosti za zdravje,
- Sodelovanje pri izvajanju terapevtskih in rehabilitacijskih programov,
- Vodenje programov gibalne/športne aktivnosti za različne starostne in ciljne skupine (otroci, odrasli, starostniki, osebe s posebnimi potrebami, osebe s kroničnimi nenalezljivimi boleznimi – astma, sladkorna bolezen, ...),
- Izvajanje preventivnih merjenj telesnih značilnosti in gibalnih sposobnosti ter njihova uporaba pri pripravi sistemskih in/ali individualno prilagojenih preventivnih programov,
- Načrtovanje in izvajanje osnovnih ergonomskih analiz delovnega mesta in priprava ukrepov za izboljšanje zdravja na izbranih delovnih mestih,
- Izvajanje programov kondicijske vadbe v vrhunskem športu
- Sodelovanje in svetovanje pri načrtovanju gibalno spodbudnega okolja.

Kineziologi so z omenjenimi in drugimi specifičnimi kompetencami zaposljivi v javnem sektorju (npr. kot referenti za šport na občinah), kot izvajalci nacionalnih projektov (Zdrav življenjski slog, Razvoj kadrov v športu, Za boljše zdravje in zmanjšanje neenakopravnosti v zdravju, Program športnih panožnih šol...) oziroma samostojno na trgu dela, pri podjetjih (npr. zasebni domovi starejših, zdravilišča, hotelski ali športni centri...) ali kot samozaposleni.

Društvo kineziologov Slovenije in Znanstveno-raziskovalno središče Koper, Inštitut za kineziološke raziskave, sta 8. novembra 2016 v knjižnici Znanstveno-raziskovalnega središča UP organizirala okroglo mizo z naslovom »Kineziolog na trgu dela«. Osnovni namen okrogle mize je bil odprt pogovor med predstavniki različnih ustanov na temo zaposljivosti kineziologa. Uradni gostje okrogle mize so bili dr. Boro Štrumbej, generalni direktor Direktorata za šport, Ministrstva za izobraževanje, znanost in šport, izr. prof. dr. Edvard Kolar, generalni sekretar Olimpijskega komiteja Slovenije, prof. dr. Rado Pišot, direktor Znanstveno-raziskovalnega središča UP, prof. dr. Damir Karpļuk, prodekan Fakultete za šport, UL, g. Marjan Plavčak, predsednik Zveze društev športnih pedagogov Slovenije, doc. dr. Vedran Hadžič, koordinator študijskega programa Kineziologija na Fakulteti za šport, UL, doc. dr. Matej Plevnik, predavatelj na študijskem programu Aplikativna kineziologija UP FAMNIT, Anja Andrenšek, absolventka – študentka aplikativne kineziologije UP FAMNIT ter Maja Dakskobler, univ. dipl. kin. (UL FŠ).



Študentje kineziologije in ostali poslušalci so napolnili prostor dogodka.

Vsebina okrogle mize je bila strnjena v štiri vsebinske sklope: kompetence kineziologa, trenutne zaposlitvene možnosti kineziologa, razmerja med izobraževanjem in usposabljanjem na področju in pogled v prihodnost poklica kineziologa. Gostje so

ugotovili, da je kineziolog, kot izobražen strokovni delavec, umeščen tako v obstoječi Zakon o športu kot tudi osnutek novega zakona, ki bo predvidoma sprejet v bližnji prihodnosti. Enotni so si bili, da obstaja potreba po izobraženem kadru tega profila, da pa si je potrebno tudi nadalje prizadevati za širitev prepoznavnosti poklica in njegovih področij delovanja, predvsem na področja zdravstva ter varnosti in zdravja pri delu. Omenili so primere dobre prakse, iz katerih je razvidno, da se kineziologi kot strokovni sodelavci dobro umeščajo na trgu dela, kot tudi projekte in finančne mehanizme, skozi katere so vključeni na trg dela (Zdrav življenjski slog, Razvoj kadrov v športu, Za boljše zdravje in zmanjšanje neenakosti v zdravju in drugi). Dogodek so zaključili s sklepom, da si je potrebno prizadevati za večje povezovanje inštitucij, ki izobražujejo kineziologe v Sloveniji ter si nadalje prizadevati za širjenje systemske ureditve področja zaposlovanja kineziologov in promocije polja kineziologije. Mlajši kolegi pa so pripočili starejšim že diplomiranim, da s svojim zgledom in dobrim delom ustvarjajo nove zaposlitvene možnosti tudi za njih.

Matej Plevnik, Rado Pišot