



Ivan A. Prskalo¹ 

University of Zagreb, Faculty of Teacher Education, Zagreb, Croatia

Danimir P. Mandić

Vladan M. Pelemiš

University of Belgrade, Faculty of Teacher Education,
Belgrade, Serbia

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Innovative Kinesiology Education as a Criterion and Predictor of Innovative Education²

Extended summary

Consent to living conditions also implies consent to increasingly dramatic changes to which civilization, society, and people are exposed. The imperative response of society and civilization to changes that are inevitable but clear, with even clearer and more predictable consequences, must be the best to be good enough. It should be noted that progress promotes quality and longevity, but also the fact that cardiovascular diseases can be linked to modern living conditions and that they are the cause of mortality in the majority of the population. This will ensure that kinesiology education is at the very core of the educational process, and this never happens by itself, but solely based on the effect that, thanks to modern and objective kinesiometric systems, can be objectively measured, obvious, and understandable to everyone. As we are living in a time of constant innovations of the educational system, as well as curricular reforms, which should be daily at the level of an individual, and then harmonized at the level of the entire system, this article can open questions about the possibilities of predicting innovative kinesiology education on a complete innovative educational system.

Kinesiology education can fulfill its historical responsibility only if it is the best possible, because it must be innovative and vital and it should question on a daily basis the conformity of scientific theory and practice with new scientific achievements. It should be viewed in the light

1 ivan.prskalo1@zg.ht.hr;  <https://orcid.org/0009-0001-8501-3374>

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of the lifelong impact initiated in the educational system with its mandatory phases, as an optimal, prepared, scientifically and expertly based response. All reform moves should go in the direction of affirming that response, providing it with the necessary time, optimal staff training, and necessary material conditions.

In the reform of the education system, the emphasis is still on knowledge, whether theoretical or applied, regardless of the price. According to Zdenković (2014), 3% to 5% of children and adolescents are susceptible to depression. Unfortunately, the price of the nation's intellectual improvement is associated with motor and functional degradation, and motor activity in the broadest sense of the word, the one for which a person is adapted by his/her bodily constitution, has been replaced by a virtual hyper-cognitive reality that has infiltrated elementary play and the reality. The need for a massive acquisition of assets encourages a shift from individualism to egoism, while affecting health and physical integrity, as well as moral integrity.

Considering the risks that modern society imposes on modern man, social response is only possible through educational institutions and the educational system, and institutions and the system must provide the best possible response because they are working with the most valuable part of the population, namely children. This social leverage must be able to provide valid answers today and tomorrow, and very often to compensate for usually bad, previous solutions. That answer should aim first and foremost at innovating the amount of movement through an appropriate schedule for the compulsory subject Physical and Health Education in the curriculum. Such a solution would contribute to compensating for the reduced share of movement associated with the modern sedentary lifestyle, and all the problems associated with such a lifestyle are often associated with an excessive and poor-quality nutrition (Pavlović et al.,2020). In this way, the aforementioned conditions of obesity associated with the development of the disease, especially in later periods of life, would be prevented. In addition, creating a positive habit of daily exercise is part of a desirable lifestyle that ensures a happy childhood, but also a healthy and productive adulthood and an active old age.

Investing in educational sciences in general and in applied kinesiology disciplines in particular cannot be a waste of time and money. The profession should follow scientific achievements that constantly confirm the value of physical exercise in general, and physical education in particular. Science must be a guide to the profession in overcoming problems that are specific to each phase of social development and each step forward in civilization.

Keywords: kinesiology education, educational reform, kinesiology, innovation, education

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