KOSINAC, Z. & KARIN, Ž. (2024). *KINEZIOLOŠKA AKTIVNOST – PRESTIŽNA ZNAČAJKA ZDRAVLJA DJECE I MLADEŽI. MEDICINSKA ZAKLADA*

There are publications that partially address one particular area of physical and health education and the practical performance of individual physical activities of the children and youth. Nowadays in the Croatian professional literature there has been no such comprehensive overview of all the activities and benefits that each of them brings to the improvement and maintenance of a high level of physical health of young generations in our population. This is especially important when one bears in mind that we are among the populations with the highest proportion of overweight (obese) people, which adversely affects the health of the population, additionally burdens the health system and negatively affects the ability of people to work.

In this publication, the university textbook entitled *Kineziološka aktivnost – prestižna značajka zdravlja djece i mladeži* (*Kinesiological Activity – a prestigious feature of children and youth health*), published by Medicinska naklada, Zagreb and the Faculty of Kinesiology of the University of Split. The authors Zdenko Kosinac, PhD, retired professor and Željka Karin, MD, PhD, use a scientific and professional approach in offering the presentation, processing and conclusion for the key terms kinesiological activity, children and youth, health. A simple, understandable, accessible and easy-to-read manuscript, comprising four large chapters (336 pages), describes the values of physical activity, daily exercise, proper influence on growth and development, improvement and preservation of health, encouraging creativity and inclusion of diversity, talent and creativity of every child and bringing them easily closer to the readers, primarily parents, educators and teachers. The abundance of carefully selected images and drawings completes the text and thus makes this book especially valuable

and interesting. The book has been written not only on the basis of rich personal experience, but also on the basis of professional world literature, which makes it all the more valuable. The text is completely original and has a very broad approach to the physical activity of children and youth to improve and preserve both their physical, and mental health conditions. This study is a significant contribution to the development of kinesiological science and to the practical significance of kinesiological activity in preserving or improving the physical abilities of children and youth, a particularly vulnerable group in our population. The writing style, numerous images and simplicity of expression enable easy and understandable reading and mastery of the necessary knowledge and skills. After each subsection, the authors list the questions to which the reader should give qualified answers and demonstrate the knowledge gained from reading this work.

With the publication of this book we have received a valuable and professional textbook for the education of educators, teachers and teachers of kinesiology in primary schools. It is also useful professional reading for students of kinesiology faculties, sports educators, school and sports medicine physicians and a wider circle of laypersons dealing with the prevention of sports injuries, correction of postural and health problems of children and youth when carrying out kinesiological activities.

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