



Editorial

Osnabrück 01.12.2008

By editing this journal SPA-Hellas takes a scientific step in a traditionally applied area. This fact begins to change and the “European Psychomotricity Journal” makes the beginning.

EPJ inaugurates a new era for Psychomotricity, opening a window to its dissemination by giving the opportunity to all “Psycho-motricity Experts” to communicate their scientific work worldwide.

Psychomotricity, which is a science focusing on the holistic development of personality is related to physical activity, obesity, developmental delays and learning difficulties. Thus, EPJ is open to all scientists studying the fields of psychomotor development, education and activity in all range groups of typical and special populations.

It is our duty to disseminate the ideas of Psychomotricity and to convince everyone for the importance of such educational approach in the evolution of society. And we have to act NOW! I will not cease writing about the modern way of life, which has cost a lot in our children’s health and modern society’s social insurance. In Crete (Greece), where the Mediterranean way of nutrition used to be dominant, children in an early age demonstrate symptoms of metabolic syndrome, while sedentary behavior all around the world leads to obesity, high blood pressure, motor awkwardness, hyperactivity or attention deficits, social clumsiness or lack of adaptability.

For dealing efficiently with all these problems we have to emphasize both on theory and on applications as well. This will be the moto of EPJ.

The first issue represents this spirit.

Renate Zimmer
Editor



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