

## Editorial

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It is now well documented that exercise in all its forms is beneficial for people of all ages. That is why nowadays the Global Initiative "[Exercise is Medicine](#)" has brought Sport Sciences in the scientific spotlight. Exercise is prescribed in order some people to lose weight and some others to be able to walk as before an injury. The exercise is proposed as a treatment for children with various behavioural or motor problems and it is adopted for the rehabilitation of patients with heart disease after their surgery or kidney disease. In that way, the exercise scientist cooperates with physicians, psychotherapists and physiotherapists so as the life quality of people who face health problems to get improved.

Within this context Psychomotricity, in its broader sense, is both a philosophy and a practice that works across all the human sciences for man's benefit. Even if we do not realize their multifaceted effect when we implement a movement program, sports offer participants joy, well-being, self-confidence, emotional balance, sociability. Does all this is not Psychomotricity? I wish Psychomotricity to be consciously present in the methods and coaching approaches in every athletic activity at school, sport clubs, gyms and anywhere else.

In the current issue of the European Psychomotricity Journal, six studies representing different domains of Sport Sciences are hosted. The first two are products of research groups from the Universities of Thrace and Thessaly, Greece. In the first article, the statistical adequacy of an assessment test for table tennis in children is investigated, while in the second one the differences in selected motor skills due to age and gender are studied.

The third study comes from Italy and it investigates the validity of the Neuropsychomotor Video Analysis (NVA), a new observational coding system for parent-child interactions. The fourth work was conducted in Belgium and evaluates self-esteem and the physical self-concept in adolescents with psychiatric disorders. The fifth paper is a review of the relationship between physical activity and motor proficiency in children, while the sixth one presents a study conducted at the University of Athens examining the effect of a music/movement program on preschooler's motor rhythmic ability.

The European Psychomotricity Journal has five years of presence in the field of scientific publications and the report is very positive. However, in the competitive environment of the online publications more and more journals appear making the conditions extremely difficult. I am sure that the EPJ will continue steadily and consistently, keeping its quality at a high level and the interest of writers and readers undiminished.

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