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Dear readers,

Here we are with the sixth volume of the European Journal of Psychomotricity. I feel the need to express my gratitude to our reviewers who have risen up to our expectations and the standards of our journal.

In this issue we have included four researches and a short report.

The first research of the current issue examines the reliability of the USA's National Program for Playground Safety (NPPS) report in Greece. The frequency of accidents in the playgrounds is an important issue which concerns everyone involved with the operation of the playgrounds and their relation to specific factors affects the measures being taken in order to prevent accidents. Therefore, the use of valid and reliable tools for the recording of the accidents in the playground area is of special interest.

The second article is about the connection of physical activity to certain cardiovascular factors such as the triglyceride and the cholesterol levels to children between 4-6 years old. The results are worrying since they show that the children with low levels of physical activity have higher levels of cholesterol as well as high atheromatic index.

Creativity in schools, besides being an interesting subject of a research, is especially important for the development of the children's personality and therefore, of the new citizens of the community. The discovery of evidence, which impede the development of creativity in the school environment, concerning the next survey, is equally important.

Although, in Greece Physical Education is included in the kindergarten curriculum, the number of teachers who actually include Physical Education in the daily programme is decreasing. The next study investigates the possibility, which unemployed kindergarten teachers have to integrate physical education in the daily kindergarten programme, in accordance to the Planned Behavior Theory.

The last paper is a short report of a research regarding the connection of physical activity to the screen exposure of pre-school children. In this study, it is apparent that the children who take fewer steps per day spend more time in front of screens, a fact that has been evident to quite a few studies regarding children of other countries.

Dear Readers

Physical activity is the only antidote to today's sedentary environment. The provision of the "medicine" must begin from the pre-school age whether the provider is a physical education teacher or a kindergarten teacher, inside a safe environment, which encourages creativity and reduces the possibility of accidents.

Antonis Kambas, PhD  
Associate Professor  
Editor-in-Chief