

Kratek opis usposabljanja mladega raziskovalca (*Short description of the Young Researcher's training*)

1. Raziskovalna organizacija (*Research organisation*):

Fakulteta za šport Univerze v Ljubljani

2. Ime, priimek in elektronski naslov mentorja (*Mentor's name, surname and email*):

Izt.prof. dr. Gregor Starc, email: gregor.starc@fsp.uni-lj.si

3. Šifra in naziv raziskovalnega področja (*Research field*):

5.10. Šport

4. Kratek opis usposabljanja mladega raziskovalca (*Short description of the Young Researcher's training*):

Navedite tudi morebitne druge zahteve, vezane na usposabljanje mladega raziskovalca (npr. znanje angleškega jezika, izkušnje z laboratorijskim delom, potrebne licence za usposabljanje...).

slo:

Program usposabljanja mladega raziskovalca bo usmerjen na področje preučevanja telesne dejavnosti, telesnega fitnesa in telesnega razvoja otrok in mladine. Vsi trije dejavniki so med seboj povezani in soodvisni, vendar pa je ta povezanost zelo slabo raziskana. Laboratorij za diagnostiko telesnega in gibalnega razvoja, v katerem bo deloval, bo mlademu raziskovalcu omogočil dostop do največje zbirke podatkov o telesnem in gibalnem razvoju otrok v Evropi – SLOfit, hkrati pa tudi do zbirke podatkov ene najstarejši longitudinalnih raziskav telesnega in gibalnega razvoja otrok v Evropi ARTOS – Analiza razvojnih trendov otrok v Sloveniji. Pri usposabljanju bo imel mladi raziskovalec priložnost sodelovati z vrhunskimi raziskovalci iz mednarodnih raziskovalnih skupin, v katerih deluje mentor (NCDRisc Group, Active Healthy Kids Alliance, Children Obesity Surveillance Initiative).

Med usposabljanjem se bo naučil uporabljati različne merilnike za oceno porabe energije med telesno dejavnostjo ter metodologijo merjenja telesnega fitnesa in telesnega razvoja s terenskimi metodami. Omogočili mu bomo izobraževanja na področju dela z velikimi zbirkami podatkov in analize podatkov z različnimi statističnimi orodji, na katerih bo pridobil potrebna znanja za svoje raziskovalno delo, povezano z doktorskim študijem.

Potreboval bo tudi dobro razumevanje statističnih metod za obdelavo podatkov.

eng:

The young researcher's training program will focus on the study of physical activity, physical fitness and physical development of children and youth. All three factors are interconnected and interdependent, but this connection is rather poorly researched. The Laboratory for Diagnostics of Physical Fitness and Development, in which the young researcher will work, will enable him/her the access the largest database on the physical and motor development of children in Europe - SLOfit, as well as to the database of one of the oldest longitudinal studies of physical and motor development of children in Europe ARTOS – Analysis of children's development trends in Slovenia. During the training, the young researcher will have the opportunity to work

with top researchers from international research groups in which the mentor works (NCDRisc Group, Active Healthy Kids Alliance, Children's Obesity Surveillance Initiative). During the training, he/she will learn how to use different devices for assessing energy expenditure during physical activity, as well as the methodology of measuring fitness and physical development with field methods. We will enable him/her additional education in the field of large data analysis and use of various statistical tools, where he will acquire the necessary knowledge for his research work related to his/her doctoral study. The young researcher will also need a good understanding of statistical methods for data processing.