



EDITORIAL

Youth and Sport

The three issues of our 2018 magazine, starting from the current issue, will be mainly dedicated to publications on the topic of “young people and movement”, one of the most serious and empowering themes for society as a whole: hence the (emblematic) title of this editorial!

This direction embarked on by the Scientific Committee (and fully endorsed by the Editorial Committee and the EWF - SM) once again highlights what international scientific literature proposes on

these issues but, in particular, takes stock of the situation on what has been done (very little) and what is missing (a lot). Unfortunately, and in no uncertain terms, as we can clearly see, much more needs to be done than what has been done so far, and there is a tangible disinterest in and disregard for these issues, but - even more dramatically - there is a lack of real skills, those acquired with the study, the doctrine and the experience (guided, of course) on the field. This Europe of ours, for example, has not yet solved the di-

versification of specializations for coaches involved in introduction to movement and those who deal with sports (only a few countries have made this investment): two very different professions (and two arts); both beautiful, but different, substantially and essentially different. I repeat with insistence, apologizing to our readers in advance, that I consider sport a process of specialization of basic movement skills, so if the latter are lacking in young people, it will be very difficult to then specialize in a sport, assuming that they wish to

reach a competitive level. So: sport and society! What does this marriage consist of? The fact is that physical activity and sport activity are two determining indicators of the social status of a country. I think I'm right in saying that, were we to analyze what Italy does in this context, we would agree, without fear of denial, that the evolutionary level of our country is somewhat questionable.

No lawmaker, from the post-war period to the present day, and in particular since the foundation of the European community, has taken this aspect into careful consideration, building the foundations for a lasting culture and a fruitful relationship between professionals and young people. There has never been a specific interest on the part of schools (with of course the few exceptions), even today when we know for a fact - from the many studies in neuroscience - that the children who do regular physical activity are destined to have a higher IQ compared to their sedentary peers. There is no room for objections or discussion on these statements: volumes of scientific literature all point in this direction; yet it almost seems that all of this makes no difference to the lawmakers. There is no sensibility, on the contrary: from a careful analysis, it seems to me that there is almost a form of rage against movement. There was even talk about reducing the physical education programme in schools to just one hour a week, when world research on the minimum daily physical activity stan-

dards, I repeat daily, states that young people must do 45 minutes of high intensity activity.

It must be said that the families are also largely responsible. They have never protested by setting up action committees in favour of compulsory daily movement at any level of education. Perhaps the families do not care, or only partially care, about what science says regarding the well-being of their children, perhaps they have no interest in their children being smarter and healthier than those who do no activity. All of this is paradoxical, it is paradoxical the resignation that is creating, or rather has already created two generations of inactive individuals, with insane consequences on the quality of their physical and mental life, or on the overall wellness of people. We are beings designed to move. We must fight against the immobility of institutions towards physical inactivity that has horrifying numbers in Europe. This firstly cultural, and also physical inertia against movement almost seems to have received a resigned nod of approval from society as a whole. And the responsibility of doctors, or most of them, should not be forgotten or ignored.

The World Health Organization states that the first drug to prescribe for humans is movement, regularly underestimated and substituted with chemical palliatives, orthoses or anything else on the market. Movement (a "drug" without any side effects) is not prescribed, as it

should be, for preventive or therapeutic purposes. After all, the culture of movement is lacking even in the world of pediatrics, whose specialists are the first in contact with families, and who could spread the culture of movement. For years now the International Academy of Pediatricians has been endorsing the role of movement, considered as a compulsory and indispensable phenomenon for man, just as eating, drinking and sleeping.

What more can I say, dear readers? Sport is already suffering and the situation will undoubtedly worsen if society is not trained and prepared to move correctly. Perhaps it is also our fault, after having read this article, if we do nothing to advocate physical activity every day, at every opportunity, constantly, always! This magazine will try, of course it will try! It will try to make its contribution in this sense: and we will all try to give information to professionals as well as to ordinary readers, so that we can "save" young people from the degenerative cultural processes linked to physical inactivity. I truly believe that we can do it.

Antonio Urso
EFW President

Download EWF Scientific Magazine Number 9click