

## EDITORIAL

In this special edition of “Teme,” we present an integrated narrative that traverses the realms of physical activity, sports science, and education, as well as legal and ethical considerations in sports, placing significant focus on the psychological dimensions of sports, particularly among youth, athletes, and students.

Our exploration begins in the educational sphere, highlighting the multifaceted impact of physical activities on elementary school students. A study showcasing structured activities during recess reveals improvements in physical fitness, optimism, and a reduction in peer violence, underscoring the importance of physical activity in early development for physical and mental well-being. Additionally, a study on active commuting to school among children further demonstrates how incorporating physical activity into daily routines positively affects children’s physical fitness and overall health. In the same educational context, we delve into incorporating democratic competencies in physical and health education, advocating for a holistic approach that integrates not just the development of sports skills but also democratic values and inclusive practices. This theme is further enriched by a study on the self-efficacy of physical education teachers in inclusive environments, highlighting the need for supportive educational frameworks that enable effective and inclusive physical education. Moreover, a comprehensive overview of “physical literacy” within educational systems emphasizes its importance in physical education and the overall development of students, linking these diverse aspects of the educational impact of physical activity and sports.

Shifting to elite sports, we explore the physiological demands and adaptations in Serbian triathletes and rhythmic gymnasts, uncovering the intense physical requirements of these athletes. That is complemented by insights into the health benefits of strength training for older people, illustrating the importance of physical activity at all ages.

Exploring strategies for coping with stress among adolescent athletes in sports psychology provides insight into the mental challenges inherent in competitive sports. That is closely linked to the development of the MOP20 scale, which assesses general achievement motives, offering a broader view of the motivational factors that drive athletes. Another study examining the relationship between attitudes, motivation, and engagement in school sports further enriches our understanding of the psychological factors in sports, emphasizing the significance of positive attitudes and motivation in promoting sports engagement among students.

Expanding our perspective, we explore the social impacts of physical activity, including its influence on body image satisfaction and the challenges adolescents face in maintaining an active lifestyle. These studies highlight the role of physical activity in improving personal well-being and the need for targeted initiatives to promote regular physical activity.

In the legal and ethical dimension, studies on autonomous sports rules, corruption in sports, gender discrimination, and doping legislation provide a critical backdrop, emphasizing the need for ethical management and equality in sports and the complex interaction between legal frameworks and sports practice. Additionally, a special issue of “Teme” explores the perceptions and practices of physical education students in implementing gender-sensitive language, aligning with the broader theme of promoting inclusivity and respect in the sporting environment.

Technological advancements in sports science are also presented in an analysis of sports performance, showing the growing role of technology in this field. This research highlights how innovative tools can offer more affordable, cost-effective alternatives for measuring and improving athletic performance, potentially revolutionizing training and evaluation methods in sports.

Through these interconnected studies, this special edition of “Teme” paints a vivid picture of the dynamic nature of physical activity and sports. Each study contributes to a deeper understanding of how physical activity affects individual health, mental well-being, and social structures and is influenced by legal and ethical considerations, strengthening the extensive role of sports and physical activity in our lives. Together, they underscore the necessity of a multidisciplinary approach in addressing the challenges and opportunities within physical activity and sports. Moreover, this compilation of research serves as a vital resource for policymakers, educators, and practitioners, guiding future initiatives and strategies to enhance the role of physical and health education, sports, and physical activity in fostering a healthier, more inclusive, and ethically aware community.

**Guest Editor**

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