

In the first part of his two-part monograph, the author is occupied with a possible division of kinanthropological domains and especially by one of them, by socio-cultural kinanthropology. The monograph is divided into eight chapters, in which, in addition to terminological and systemic problems, the author attends to the development of this discipline, the concept of physical culture like the socio-cultural system, the sense of physical exercises in the development of society as well as the contemporary globalization and integration processes.