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## Proceedings

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## CONTENTS

**ADAPTED PHYSICAL ACTIVITY AND KINESITHERAPY****Nejc Šarabon**

- IMPAIRMENT AND TRAIN-ABILITY OF POSTURAL STABILITY  
AND RELATED FUNCTIONS IN ELDERLY ..... 24

**Tomislav Đurković, Maja Ban, Nenad Marelić**

- ASYMMETRY IN FUNCTIONAL MOVEMENTS IN CROATIAN WOMEN'S  
PREMIER LEAGUE VOLLEYBALL PLAYERS ..... 25

**Martina Fudurić, Neven Gladović, Goran Bobić**

- THE EFFECT OF UNILATERAL TRAINING ON BILATERAL DEFICIT ..... 29

**Marta Gimunová, Hana Válková, Iva Hrnčířiková, Martin Zvonař**

- PREVALENCE OF PODIATRIC CONDITIONS IN SPECIAL OLYMPICS  
ATHLETES: THE CZECH REPUBLIC WINTER GAMES FIT FEET SCREENING ..... 32

**Gordana Grozdek Čovčić, Iris Zavoreo, Mirjana Telebuh**

- EFFECTS OF NEUROFACILITATION TREATMENT ON ABILITY  
TO WALK IN INDIVIDUALS WITH AFTER STROKE HEMIPARESIS ..... 36

**Matej Ipavec, Tina Grapar Žargi, Jure Jelenc, Alan Kacin**

- COMPARISON OF TWO DIFFERENT PNEUMATIC CUFF DESIGNS FOR RESTRICTING  
MUSCLE PERFUSION AT REST AND DURING ISOMETRIC MUSCLE CONTRACTION ..... 37

**Muhammed Emin Kafkas, Armağan Kafkas, Bekir Durmus, Mahmut Acak**

- THE EFFECTS OF KINESIO TAPING ON LATERAL EPICONDYLE PAIN  
AND HANDGRIP MUSCLE STRENGTH DURING TENNIS TOURNAMENT ..... 38

**Alen Marošević, Lidija Petrinović, Dubravka Ciliga**

- DIFFERENCES IN CERTAIN MOTOR ABILITIES BETWEEN CROATIAN  
AND GERMAN PUPILS WITH INTELLECTUAL DISABILITIES ..... 39

**Rūtenis Paulauskas, Rasa Paulauskiene**

- DEVELOPMENT OF REPEATED SPRINT ABILITY IN LITHUANIAN DEAF BASKETBALL PLAYERS ..... 42

**Lidija Petrinović, Tatjana Trošt Bobić, Goran Bobić**

- KNEE INJURIES AND OVERUSE SYNDROMES IN EUROPEAN ELITE  
BADMINTON PLAYERS IS THERE A LINK BETWEEN INJURY AND TRAINING HOURS? ..... 47

**Mohammed Saci, Mohammed Zerf, Moulay Idriss Mokkedes, Ali Bengoua**

- EFFECTIVENESS OF ABDOMINAL CIRCUMFERENCE ON BODY FROM INJURY  
POSTURE/BALANCE CONTROL AMONG SOCCER PLAYERS UNDER 21 YR. .... 51

**Jana Sklenaříková, Lenka Svobodová, Pavlína Vaculíková, Alena Skotáková, Roman Grmela**

- SENIOR FITNESS TEST BEFORE INTENSIVE DANCE-EXERCISE INTERVENTION  
FOR HEALTHY SENIORS AND PATIENTS WITH MILD COGNITIVE IMPAIRMENT ..... 58

**Zora Svobodová, Alexandra Malá, Alena Pokorná, Radka Štreštíková, Renáta Vychodilová, Miloslava Urbanovská**

- THE POSSIBILITIES OF MOVEMENT THERAPY WITH ONCOLOGICAL PATIENTS ..... 59

**Elmarie Terblanche, Bradley Fryer**

- THE EFFECT OF LIGHT EXERCISE ON THE CEREBRAL HAEMODYNAMICS  
AND COGNITIVE PERFORMANCE OF INDIVIDUALS AFFECTED BY A STROKE ..... 63

**Tatjana Trošt Bobić, Tomislav Đurković, Zvonimir Bodrožić**

- LOW BACK PAIN IN FEMALE VOLLEYBALL PLAYERS OF THE FIRST CROATIAN NATIONAL LEAGUE ..... 64

**Ana Vuljanić, Dragana Tišma, Srna Jenko Miholić**

- SPORTS-ANAMNESIS PROFILE OF DEAF ELITE ATHLETES IN CROATIA ..... 68

<b>Robert Vysoký, Ladislav Bařalík, Filip Dosbaba, Svatopluk Nehyba, Václav Chaloupka</b> CARDIAC REHABILITATION TRAINING PROGRAM FOR INDIVIDUALS AFTER AORTIC VALVE REPLACEMENT .....	72
<b>BIOLOGY AND MEDICINE OF SPORT AND EXERCISE</b>	
<b>Katarina Tomljenovic Borer</b> HOW DOES EXERCISE SUPPORT DIETARY APPROACHES TO WEIGHT LOSS AND BETTER HEALTH .....	74
<b>Marko D.M. Stojanović, Sergej M. Ostojić</b> STRENGTH TRAINING IS MEDICINE IN ELDERLY POPULATION: AN UPDATE .....	75
<b>Xinwen Cui, Yiming Zhang, Zan Wang, Lana Ružić</b> AUTOPHAGY IN MUSCLES AND EXERCISE CAPACITY OF MIDDLE AGED RATS FOLLOWING DIFFERENT AEROBIC EXERCISE PROTOCOLS .....	76
<b>Antonela Devrnja, Branka R. Matković, Kenneth L. Swalgin</b> THE EFFECTS OF A SOCCER MATCH ON INDICATORS OF MUSCLE DAMAGE AND INFLAMMATION .....	77
<b>Lenka Dovrtělová, Pavel Stejskal, Tereza Mrkvicová, Kateřina Kapounková, Alexandra Malá, Iva Tomášková</b> INFLUENCE OF PHYSICAL ACTIVITY ON SELECTED PHYSIOLOGICAL VARIABLES IN A PATIENT AFTER BONE MARROW TRANSPLANTATION – A CASE STUDY .....	78
<b>Douglas Doyle-Baker, Rosie Neil, Patricia K. Doyle-Baker</b> ANAEROBIC THRESHOLD IMPROVEMENT IN A 75-YEAR-OLD CYCLIST: A CASE STUDY .....	82
<b>Patricia K. Doyle-Baker, Leanne Mclean</b> FEMALE ATHLETE TRIAD- PROBABLE BUT DIFFICULT TO CONFIRM IN ELITE FEMALE ICE HOCKEY PLAYERS .....	83
<b>Miloš Đorđević, Anita Hökelmann, Notger Müller</b> NEUROANATOMICAL AND FUNCTIONAL CHANGES IN RESPONSE TO ONE MONTH OF INTENSIVE BALANCE TRAINING .....	84
<b>Valentina Gineviciene, Audrone Jakaitiene, Kazys Milasius, Linas Tubelis, Algirdas Utkus</b> RELATIONSHIPS BETWEEN ACE, AGT, AGTR1, MB GENOTYPES AND PHYSICAL PERFORMANCE PHENOTYPE IN LITHUANIAN ELITE ATHLETES .....	85
<b>Bernhard Grässler, Anita Hökelmann</b> SHORT-TERM HEART RATE VARIABILITY OF ELDERLY PEOPLE .....	86
<b>Vatroslav Horvat, Marijana Hraski, Joško Sindik</b> THE SECULAR CHANGES IN ANTHROPOMETRIC MEASURES OF PRESCHOOL GIRLS IN THE PERIOD FROM 1998 - 2013 .....	90
<b>Saša Janković, Goran Vrgoč, Bojan Bukva, Iva Brkić</b> CORRELATION BETWEEN HYPERMOBILITY SCORE AND INJURY RATE IN ARTISTIC GYMNASTICS PLAYERS .....	94
<b>Dalibor Kiseljak</b> CYCLING IN THE FUNCTION OF PHYSICAL ACTIVITY THROUGH ACTIVE COMMUTING .....	95
<b>Damir Knjaz, Goran Vrgoč, Saša Janković, Iva Brkić</b> CAN AN ATHLETE’S GENES INFLUENCE ACL INJURY? .....	99
<b>Oliver Kosović, Mladen Marinović</b> PREVALENCE OF OVERUSE INJURIES AMONG A GROUP OF CROATIAN ROWERS .....	100
<b>Michal Kumstát, Tomáš Hlinský, Ivan Struhár</b> EFFECT OF SODIUM BICARBONATE AND SODIUM CITRATE SUPPLEMENTATION ON SWIMMING PERFORMANCE .....	104

<b>Mladen Marinović, Oliver Kosović</b> STROKE RATES AS A MEASURE OF TRAINING LOAD IN YOUNG ROWERS .....	108
<b>Pavle Mikulić, Jozo Grgić</b> MUSCULAR STRENGTH AND POWER, BUT NOT MUSCULAR ENDURANCE, ACUTELY ENHANCED AFTER CAFFEINE INGESTION IN RESISTANCE-TRAINED MEN .....	114
<b>Maroje Sorić, Damir Zubac, Antonela Devrnja, Zvonimir Šatalić, Zrinka Greblo, Danijel Jurakić, Marjeta Mišigoj-Duraković</b> CORRELATES OF PHYSICAL INACTIVITY IN CROATIAN ADOLESCENTS: THE CRO-PALS STUDY .....	115
<b>Jadranka Plavšić, Tamara Gavrilović, Aleksandar Stamenković, Nikola Pejović, Nataša Kozar</b> DIFFERENCES IN ANTHROPOMETRIC PARAMETERS OF LEFT AND RIGHT BODY SIDE IN ATHLETES WHO PRACTICE KARATE AND JUDO .....	116
<b>Kathrin Rehfeld, Anita Hökelmann, Patrick Müller, Ann-Kathrin Noll, Notger Müller</b> COGNITIVE RESERVE – INVESTIGATIONS OF PHYSICAL EXERCISE AND COGNITIVE PERFORMANCE THROUGHOUT THE LIFESPAN .....	117
<b>Snježana Schuster, Iva Šklempa Kokić, Vesna Elvedi Gasparović, Dea Ajduković</b> A MULTIDISCIPLINARY APPROACH TO SEXUAL DYSFUNCTION IN FEMALE ATHLETES .....	118
<b>Matea Sedlaček, Lana Ružić</b> HEMATOLOGICAL OXYGEN TRANSPORT BENEFITS OF AEROBIC PHYSICAL ACTIVITY AT ALTITUDES 1250-2000M .....	119
<b>Goran Sporiš, Milovan Bratić, Saša Pantelić, Zoran Milanović, Ljubomir Pavlović, Petar Djekić, Nenad Stojiljković</b> APPLICATION OF INFRARED THERMOGRAPHY IN BASKETBALL .....	123
<b>Boštjan Šimunič, Grega Krničar, Armin Paravlič</b> VALIDATION OF TENSIO MYOGRAPHY FOR SARCOPENIA CLASSIFICATION .....	128
<b>Yi Wang, Xian Guo, Minhao Xie</b> 50% TO 60% $VO_{2MAX}$ RUNNING ON DECREASING CARDIOVASCULAR RISK DURING EXERCISE IN MIDDLE-AGED MEN .....	129
<b>BIOMECHANICS AND MOTOR CONTROL</b>	
<b>Zeevi Dvir</b> HALF A CENTURY OF ISOKINETICS: EVOLUTION, KEY ACHIEVEMENTS, CHALLENGES .....	132
<b>Gongbing Shan</b> BIOMECHANICAL KNOW-HOW OF FASCINATING SOCCER-KICKING SKILLS – 3D, FULL-BODY DEMYSTIFICATION OF MAXIMAL INSTEP KICK, BICYCLING KICK & SIDE VOLLEY .....	133
<b>Marijo Baković, Isik Bayraktar, Murat Cilli</b> COMPARISON OF APPROACH RUN-UP VARIABLES BETWEEN MALE LONG AND TRIPLE JUMPERS RELATED TO THE AGE GROUPS .....	136
<b>Alexander Bolotin, Vladislav Bakayev, Natalya Orlova, Alexander Kozulko</b> PECULIARITIES OF TIME STRUCTURE AND OF BIOMECHANICAL ORGANIZATION OF A CONSTRUCTION OF MOTOR ACTIONS IN THE HAMMER THROW .....	137
<b>Danilo Bondi</b> ANALYSIS OF A GENDER AND SIDE-DEPENDENT KINEMATIC STRATEGY TO ADAPT HUMAN GAIT AT DIFFERENT VELOCITIES IN HEALTHY YOUNG PEOPLE .....	142
<b>Yoonhee Chang, Bora Jeong, Sungjae Kang, Jeicheong Ryu</b> BIOMECHANICAL ANALYSIS ON THE EFFECT OF THE KNEE BRACE OF PATELLA SUPPORT DURING A SINGLE LEG HOP .....	146
<b>Chiao-Ting Cheng, Chiang Liu</b> EFFECTS OF CURING TIME OF LACROSSE BALL ON HARDNESS .....	147

<b>Mirco Floreani, Paolo Taboga, Stefano Lazzer</b> ARE ENERGY COST, MECHANICAL WORK AND EFFICIENCY OF WALKING INFLUENCED BY A 14DAYS PERIOD OF BED REST AND THE FOLLOWING PHYSICAL TRAINING? .....	148
<b>Igor Gruić</b> PEDOBAROGRAPHIC ASSESSMENT OF MALE HANDBALL PLAYERS' GAIT .....	149
<b>Tariq Ali Gujar, Anita Hökelmann</b> THE EFFECT OF AGING ON STRATEGY OF STATIC POSTURAL CONTROL AND NEURAL PROCESSING .....	155
<b>Bora Jeong, Chang Yong Ko, Yoon Hee Chang, Gyu Seok Kim</b> GAIT ANALYSIS OF TRANS-FEMORAL AMPUTEES DURING UPSLOPE AND DOWNSLOPE WALKING .....	156
<b>Elvir Kazazović, Ensar Abazović, Erol Kovačević, Josipa Nakić</b> THE EFFECTS OF EQUAL VOLUME ISOTONIC AND ISOKINETIC KNEE EXTENSORS TRAINING ON STRENGTH GAINS .....	157
<b>Gyoosuk Kim, Hyuk-Jae Choi, Jeicheong Ryu, Chang-Yong Ko</b> COMPARISON OF METHODS TO CALCULATE CONTINUOUS RELATIVE PHASE BETWEEN JOINTS DURING GAIT; PORTRAIT METHOD AND ANALYTIC SIGNAL METHOD .....	162
<b>Ya-Chen Liu, Pao-Hung Chung, Yu-Ju Chuang, Chuan-Shou Chen</b> CHANGES OF GAIT PATTERN IN THE ELDERLY WITH COMPRESSION GARMENT .....	163
<b>Ondřej Mikeska, Martin Zvonař, Martin Sebera, Pavel Turčinek</b> ASSESSMENT OF GROUND REACTION FORCE OF PREGNANT WOMEN DURING WALKING .....	164
<b>Marcel Partie, Susann Weichelt, Anita Hökelmann</b> FALL ANALYSIS FOR AN ACTIVE BRAKING SYSTEM IN A NEW SPORT AND DANCE ROLLATOR .....	169
<b>Zrinka Potočanac</b> BILATERALLY ASYNCHRONOUS ONLINE CONTROL OF BALANCE RECOVERY .....	173
<b>Samo Rauter, Krzysztof Maćkala, Janez Vodičar, Milan Žvan, Jožef Šimenko, Milan Čoh</b> COMPARISON OF YOUNG SOCCER PLAYERS AND PHYSICAL EDUCATION STUDENTS AMONG THE SELECTED PRE-PLANNED AND NON-PLANNED AGILITY TEST .....	174
<b>Denis Semenov, Vyacheslav Shlyakhtov, Aleksander Rumyantsev, Artyom Mom</b> KINEMATIC ANALYSIS OF "UNDERSWING" ACTION ON HIGH BAR AND PARALLEL BARS AS METHOD OF SKILLS TRAINING PROGRESSION ESTABLISHMENT .....	175
<b>Ivan Šerbetar, Zdravko Petanjek, Predrag Zarevski</b> NEURAL CORRELATES OF THE MOTOR SKILLS: A SHORT REVIEW .....	176
<b>Krešimir Šoš, Filip Bolčević, Vladimir Medved</b> EXERCISES BASED ON NEUROPLASTICITY PRINCIPLES INCREASE MOBILITY IN ELITE SENIOR FOOTBALL PLAYERS .....	180
<b>PHYSICAL EDUCATION</b>	
<b>Javier Fernandez-Rio</b> QUALITY PHYSICAL EDUCATION THROUGH MODELS-BASED PRACTICE .....	186
<b>Gregor Jurak, Marjeta Kovač, Gregor Starc</b> 30 YEARS OF SLOFIT: ITS LEGACY AND PERSPECTIVE .....	191
<b>Elżbieta Cieśla, Edyta Suliga</b> THE INFLUENCE OF LATERALIZATION ON MOTOR PERFORMANCE OF PRESCHOOL CHILDREN .....	199
<b>Vjekoslav Cigrovski, Igor Božić, Tomislav Rupčić, Ivan Radman, Katarina Zubčić</b> INLINE SKATING AS AN AIDING TOOL FOR BETTER LEARNING BASICS OF ALPINE SKIING IN ADULT SKI BEGINNERS .....	204

<b>Alberto Cruz, Wai Keung Kevin Kam</b> THE IMPLEMENTATION OF THE PEER ASSISTED LEARNING STRATEGIES IN PHYSICAL EDUCATION IN HONG KONG .....	209
<b>Bassam Elsayes Mohamed</b> THE EFFECT OF AN INSTRUCTIONAL PROGRAM USING THE EDUCATIONAL PLAYING STRATEGY ON THE SKILLS PERFORMANCE LEVEL OF TRACK AND FIELD COMPETITIONS OF THE SIXTH GRADE STUDENTS .....	210
<b>Srna Jenko Miholić, Ivana Nikolić, Iva Butorac</b> METRIC CHARACTERISTICS OF BALANCE TESTS FOR PRESCHOOL CHILDREN, AGE 5-6 .....	211
<b>Vida Juškelienė, Jūratė Česnavičienė, Algirdas Raslanas</b> PHYSICAL ACTIVITY AS A METHOD OF COPING WITH STRESS, AND OTHER STRESS MANAGEMENT METHODS AMONG TEACHER EDUCATION STUDENTS, AND THEIR RELATION WITH PHYSICAL ACTIVITY MEASURED BY IPAQ .....	216
<b>Róbert Kandrác, Marek Kokinda, Dalibor Dzugas, Tomáš Perič, Beáta Ružbarská, Mário Jančošek, Tomáš Eliaš, Petra Tomková</b> INDIVIDUAL ATHLETIC PROFILES IN RELATION TO THE EFFECT OF SPECIFIC EXERCISE STIMULI .....	220
<b>Mateja Kunješić Sušilović, Ivan Prskalo, Marija Lorger</b> PHYSICAL ACTIVITY LEVEL OF PUPILS FROM 1 <sup>ST</sup> TO 4 <sup>TH</sup> GRADE .....	221
<b>Julijan Malacko, Robert Zekić, Aleksandra Pejčić</b> CANONICAL RELATIONS BETWEEN THE VARIABLES OF MOTOR SKILLS AND SUBCUTANEOUS ADIPOSE TISSUE IN GIRLS OF PRESCHOOL AGE .....	225
<b>Marijo Možnik, Tomislav Krističević, Lucija Miličić, Kamenka Živčić Marković, Saša Šolja</b> THE KNOWLEDGE AND OPINION OF THE FACULTY OF KINESIOLOGY STUDENTS ON ARTISTIC GYMNASTICS .....	230
<b>Boris Neljak, Hrvoje Podnar, Tonkica Rak</b> PARENTS' ATTITUDES TOWARDS PHYSICAL ACTIVITY OF PRESCHOOL CHILDREN .....	233
<b>Ivana Nikolić, Snježana Mraković, Marijana Hraski</b> FACTORS RELATED TO THE FUNDAMENTAL MOTOR SKILLS IN PRESCHOOL CHILDREN .....	238
<b>Sniegina Poteliuniene, Stase Ustilaite</b> FUTURE PHYSICAL EDUCATION TEACHERS EXPERIENCING FAILURE DURING THEIR TEACHING PRACTICE .....	242
<b>Zdenko Reguli, Michal Vít</b> THE FREQUENCY OF FALLS IN CHILDREN JUDO TRAINING .....	246
<b>Gabriele Semprini, Andrea Cecilian, Rocco Di Michele, Franco Merni</b> SEX DIFFERENCES IN PERCEIVED PHYSICAL ACTIVITY CHARACTERISTICS IN 11-19 YEARS OLD ITALIAN STUDENTS .....	249
<b>Ivana Serdarušić, Marija Rakovac, Vilko Petrić</b> TREND OF THE CARDIORESPIRATORY FITNESS OF THE EIGHTH GRADE STUDENTS OF PRIMARY SCHOOLS IN THE PERIOD FROM 1999 TO 2012 .....	253
<b>Nataša Sturza Milić, Tanja Nedimović, Aleksandar Stojanović</b> THE IMPORTANCE OF PHYSICAL ACTIVITY FOR THE PREVENTION OF PEER VIOLENCE - RESEARCH OF THE PRESCHOOL TEACHERS' OPINION .....	257
<b>Lovro Štefan, Vesna Štemberger, Vilko Petrić</b> PHYSICAL EDUCATION IN EUROPE: TIMETABLE IN COMPULSORY EDUCATION .....	258
<b>Braco Tomljenović, Boris Neljak, Ivan Radošević</b> DIFFERENCES IN MORPHOLOGICAL FEATURES BETWEEN FOURTH GRADE FEMALE PUPILS IN URBAN AND RURAL ENVIRONMENTS IN LIKA .....	262
<b>Pavčina Vaculíková, Alena Skotáková, Martin Sebera</b> THE OCCURRENCE OF THE PERSISTENT PRIMITIVE REFLEXES IN SCHOOL AGE CHILDREN (6-11) .....	267

<b>Ana Žnidarec Čučković, Katarina Ohnjec</b> STUDENTS ASSESSMENT ON TEACHER SKILLS IN PHYSICAL EDUCATION THROUGH THE ASPECT OF ACCEPTABILITY AS AN INDICATOR OF RIGHT TO EDUCATION .....	272
<b>KINESIOLOGICAL RECREATION</b>	
<b>Anita Hökelmann, Patrick Müller</b> THE EFFECTS OF PHYSICAL EXERCISE AND DANCE ON BRAIN HEALTH AND PREVENTION OF DEMENTIA .....	278
<b>Vesna Babić, Donald Roberson</b> PHYSICAL ACTIVITY AND HEALTHY AGING .....	279
<b>Marko Čule, Ivan Milinović, Evica Obadić</b> STUDENTS' ATTITUDES TOWARDS SPORTS AND RECREATIONAL ACTIVITIES IN SPARE TIME .....	282
<b>Sanja Čurković, Mirna Andrijašević, Mislav Papec</b> PHYSICAL EXERCISE AND EMPLOYEE STRESS MANAGEMENT .....	287
<b>Romana Caput – Jogunica, Sanja Čurković, Vesna Alikalfić</b> WEIGHT CONTROL BEHAVIORS AMONG CROATIAN UNIVERSITY STUDENTS .....	292
<b>Dragomir Gabrić, Branimir Blajić</b> PILOT STUDY OF KNOWLEDGE AND SKILLS OF MANAGERS IN KINESIOLOGICAL RECREATION .....	296
<b>Danijel Jurakić</b> “QUIET EYE” TRAINING IN AMATEUR GOLFERS: REVIEW .....	299
<b>Darinka Korovljev, Tatjana Trivić, Radenko Matić, Damjan Jakšić, Maja Batez, Goran Vašić, Patrik Drid</b> A SIX-MONTH PROGRAM OF COMBINED TRAINING ENHANCES AEROBIC CAPACITY IN MIDDLE-AGED WOMEN .....	304
<b>Slaven Krtalić, Maja Lang Morović, Sanja Musić Milanović</b> NATIONAL PROGRAM “LIVING HEALTHY”: REGULAR PHYSICAL ACTIVITY IN SERVICE OF HEALTH PROMOTION .....	305
<b>Armin Paravlić, Uroš Marušić, Mitja Geržević, Felicita Urzi, Marina Dobnik, Rado Pišot, Boštjan Šimunič</b> THE EFFECTS OF DIFFERENT EXERCISE—BASED INTERVENTIONS ON FUNCTIONAL FITNESS IN OLDER ADULTS .....	306
<b>Lenka Svobodová</b> DANCE CONTRIBUTION TO IMPROVING PHYSICAL ACTIVITY AND HEALTH .....	307
<b>Jasminka Tomčić</b> DIFFERENCES OF STATIC STRENGTH ENDURANCE OF THE LATERAL SIDES OF THE CORE AMONG WOMEN PARTICIPATING IN DIFFERENT GROUP RECREATIONAL PROGRAMS .....	312
<b>Tomáš Vespalec, Petr Scholz, Jana Stará</b> GARDENING AS THE OPTIONAL PHYSICAL ACTIVITY FOR SENIORS .....	316
<b>Maja Vukelja, Luka Blažević, Sanja Šalaj</b> CORRELATION BETWEEN PARENTS' AND PRESCHOOL CHILDREN'S PHYSICAL ACTIVITY IN CAPITAL OF CROATIA .....	321
<b>Slavica Žeger, Mislav Papec, Mirna Andrijašević</b> HEALTH STATUS AND QUALITY OF LIFE ASSESMENT AMONG CORPORATE EMPLOYEES, THE BENEFICIARIES OF KINESIOLOGY RECREATION PROGRAMS WITHIN THE WORKPLACE .....	325
<b>Andrea Žiger, Dražen Harasin, Petra Vučić</b> DIFFERENCE IN WATER LOSS BETWEEN INDIVIDUALS OF DIFFERENT PHYSICAL CONSTITUTION AND BODY MASS DURING PROLONGED PHYSICAL EXERTION .....	330



**KINESIOLOGY OF TOP-LEVEL SPORT**

<b>Mark De Ste Croix</b> KIDS WILL BE KIDS: CAN WE REDUCE INJURY RISK IN YOUTH SPORT? .....	336
<b>Zhongchun Bi</b> RESEARCHES INTO STUDENTS BASKETBALL DEVELOPMENT HISTORY AND STATUS QUO IN CHINA .....	337
<b>Zbigniew Borysiuk</b> MOVEMENT PATTERNS IN FENCING DEPENDING ON STIMULI TYPES – CASE STUDY .....	338
<b>Klaudija Bubalo, Katarina Ohnjec</b> DIFFERENCES IN ATTACK SITUATIONAL ACTIVITY INDICATORS BETWEEN TEAMS IN CROATIAN HANDBALL WOMAN LEAGUE .....	339
<b>Ruta Dadelienė, Ricardas Nekrišius, Egidijus Bakciunas</b> ELITE KAYAK ROWERS' (1000 M) BODY ADAPTATION INDICES DURING COMPETITIVE MESOCYCLE IN ALTITUDE TRAINING .....	343
<b>Alan Franjković, Bojan Matković</b> EFFECTS OF GAME-RELATED STATISTICAL PARAMETERS ON FINAL OUTCOME IN NATIONAL HOCKEY LEAGUE (NHL) .....	347
<b>Mikuláš Hank, Tomáš Malý, František Zahálka, David Novotný, David Bujnovský, Michal Dragijský</b> DIRECTIONS OF THE MOVEMENT IN ELITE INDOOR FEMALE VOLLEYBALL .....	351
<b>Jana Ižovská, Tomáš Malý, František Záhalka</b> THE RELATIONSHIP BETWEEN ISOKINETIC STRENGTH IMBALANCES AND KICK SKILLS IN YOUNG ELITE CZECH SOCCER TEAM .....	355
<b>Romeo Jozak, Ivan Kvesić, Dario Bašić</b> ANALYSIS OF BALL CLEARANCE IN THE FIRST CROATIAN FOOTBALL LEAGUE .....	359
<b>Husnija Kajmović, Izet Rađo, Safet Kapo, Nusret Smajlović, Amel Mekić</b> COMPARISON OF PERFORMANCE OF TOP-LEVEL FEMALE JUDO COMPETITORS FROM DIFFERENT LEVELS OF JUDO COMPETITION .....	362
<b>Safet Kapo, Nedim Čović, Ivor Doder, Husanija Kajmović, Nusret Smajlović, Izet Rađo</b> MUSCLE PEAK FORCE OUTPUT EFFECTED BY DIFFERENT WARMUP PROCEDURES IN COMBAT SPORTS ATHLETES .....	366
<b>Goran Leko, Dajana Karaula, Klara Šiljeg</b> ENDURANCE – SPEED CONFLICT IN SWIMMING .....	367
<b>Sanja Ljubičić, Ljubomir Antekolović, Vedran Dukarić</b> THE ANALYSIS OF THE OLYMPIC RESULTS OF ATHLETES IN MEN'S LONG JUMP .....	370
<b>Dragan Milanović, Dinko Vuleta, Tonći Jerak</b> COMPETITION PERFORMANCE OF ELITE MALE AND FEMALE HANDBALL TEAMS: FEATURES AND DIFFERENCES .....	376
<b>Luka Milanović, Lovro Štefan, Aleksandar Selmanović</b> DIFFERENCES AMONG MALE AND FEMALE TOP LEVEL BASKETBALL TEAMS IN COMPETITION EFFICIENCY PARAMETERS .....	380
<b>Kazys Milašius, Rūta Dadelienė</b> CHANGE OF FEMALE DOUBLE SCULL ROWERS' PHYSICAL AND FUNCTIONAL CAPACITY IN THEIR PREPARATION FOR 2016 OLYMPIC GAMES .....	384
<b>Lucija Milčić, Kamenka Živčić Marković, Dan Lanc</b> INFLUENCE OF DISMOUNTS FROM BALANCE BEAM ON DIFFICULTY VALUE OF ROUTINE IN SENIOR CATEGORY ON EUROPEAN CHAMPIONSHIP IN BERN 2016. ....	388

<b>Pawel Fryderyk Nowak</b> HEALTH OR RIVALRY - WHAT MOTIVATES TO TAKE PART IN RUNNING EVENTS FROM POLAND AND CZECH REPUBLIC .....	392
<b>Indrek Rannama, Kirsti Pedak, Kristjan Port</b> THE EFFECTS OF KNEE EXTENSOR AND FLEXOR STRENGTH AND ASYMMETRY ON SPRINT CYCLING PERFORMANCE OF COMPETITIVE ROAD CYCLISTS .....	393
<b>Tomica Rešetar, Nenad Marelić, Ljubomir Antekolović</b> ANALYSIS OF PERFORMANCE INDICATORS IN WINNING TEAMS OF DIFFERENT AGE GROUPS OF TOP LEVEL FEMALE VOLLEYBALL PLAYERS .....	397
<b>Nenad Rogulj, Nikola Foretić, Miodrag Spasić, Ante Burger, Marijana Čavala</b> METRICAL CHARACTERISTICS OF NEWLY CONSTRUCTED TESTS FOR ASSESSING SPECIFIC MOTOR ABILITIES IN HANDBALL GOALKEEPERS .....	401
<b>Aleksandar Selmanović, Luka Milanović, Mate Brekalo</b> ANALYSIS OF BALL CONVERSION IN EUROPEAN AND AMERICAN PROFESSIONAL BASKETBALL GAMES .....	406
<b>Domagoj Šimunović, Danijela Gudelj – Šimunović, Iva Borović, Damir Knjaz, Tomislav Rupčić</b> ANTHROPOLOGICAL ANALYSIS OF THE CROATIAN U16 BASKETBALL MEN'S NATIONAL TEAM – A COMPARATIVE ANALYSIS OF TWO GENERATIONS .....	411
<b>Dario Škegro, Zrinko Čustonja, Daniel Bok</b> DIFFERENCES AMONG COACHES IN PLANNING AND PROGRAMING ACCORDING TO EDUCATION LEVEL .....	415
<b>Marijan Tomašić, Marijana Čavala, Ratko Katić</b> DIFFERENCES IN MORPHOLOGICAL CHARACTERISTICS AND SPECIFIC MOTOR ABILITIES IN MALE BASEBALL CADET PLAYERS .....	419
<b>Tomislav Uzelac – Šćiran</b> INDICATORS OF SITUATIONAL EFFICIENCY OF PPD ZAGREB AND MVM VESZPREM HANDBALL PLAYERS IN REGULAR 2015. / 2016. SEHA LEAGUE SEASON .....	423
<b>Tomas Vencurik, Jiri Nykodym</b> SELECTED FACTORS INFLUENCING THE SUCCESSFULNESS OF SHOOTING IN WOMEN'S BASKETBALL .....	428
<b>Dinko Vuleta, Nenad Rogulj, Dragan Milanović</b> DIFFERENCES BETWEEN WINNING AND DEFEATED HANDBALL TEAMS IN COMPETITION PERFORMANCE INDICATORS .....	432
<b>Robert Zekić</b> ANALYSIS OF SITUATIONAL EFFECTIVENESS OF WINNING AND LOSING TEAMS AT THE 2014 VOLLEYBALL WORLD CHAMPIONSHIP .....	436
<b>Piotr Zmijewski, Patrycja Lipińska, Anna Mróz, Anna Czajkowska, Krzysztof Mazurek</b> STATIC STRETCHING WARM-UP DOES NOT PROVIDE ANY ADDED BENEFIT TO DYNAMIC STRETCHING IN REPEATED SPRINT ABILITY IN FEMALE HANDBALL PLAYERS .....	441

## MANAGEMENT OF SPORT

<b>Leigh Robinson</b> THE CHALLENGES FACING SPORT IN THE NEXT DECADE .....	444
<b>Michal Jilka, Jiri Novotny, Sylva Hrebickova</b> BARRIERS OF ENTRY FOR YOUNG SPORT ATHLETES INTO ORGANIZED PROCESS IN SELECTED SPORTS .....	448

<b>Tajana Meglaj</b>	USE AND FREQUENCY OF CONTRASTIVE DISCOURSE MARKERS: ANALYSIS OF SCIENTIFIC PAPERS ON SPORTS MANAGEMENT .....	452
<b>Jana Nová, Milena Strachová</b>	ASSESSING THE IMPACT OF EUROPEAN UNION FUNDING FOR SPORT FACILITIES AT LOCAL LEVEL ...	456
<b>Ivan Novak, Edita Vujasinović</b>	SPORTS TOURISM AND TEXTILE INDUSTRY .....	461
<b>Evica Obadić, Marko Čule, Ivana Kerner, Branimir Blaić</b>	FINANCING OF RECREATIONAL SPORTS PROGRAMMES FROM THE STATE BUDGET OF THE REPUBLIC OF CROATIA .....	466
<b>Darija Omrčen, Sanela Škorić</b>	THE IMPORTANCE OF KNOWLEDGE OF FOREIGN LANGUAGES IN SPORT MANAGEMENT .....	469
<b>Marko Perić, Jelena Đurkin</b>	THE PROFILE AND MOTIVATIONS OF ACTIVE SPORT TOURISTS – AN INVESTIGATION OF TRAIL RUNNING, SPORT FISHING AND CYCLING EVENTS .....	474
<b>Inga Staskeviciute Butiene, Irena Valantine</b>	THE IMPORTANCE OF USING DIFFERENT MEDIA TYPES FOR PROMOTING AN ATHLETE'S BRAND .....	480
<b>Sanela Škorić, Besim Aliti, Luka Leško</b>	DISTRIBUTION OF WORKFORCE THROUGH PROJECT LIFE CYCLES AND ANALYSIS OF THE SATISFACTION WITH THE ORGANISATION .....	481
 <b>KINESIOLOGY AND SOCIAL SCIENCES</b>		
<b>Marc Lochbaum</b>	UNDERSTANDING THE MEANINGFULNESS AND POTENTIAL IMPACT OF SPORTS PSYCHOLOGY ON PERFORMANCE .....	486
<b>Renata Barić</b>	IT IS EASIER TO BE A HUNTER THAN TO BE HUNTED: PSYCHOLOGICAL PREPARATION OF SILVER OLYMPIC WATERPOLO TEAM .....	490
<b>Sunčica Bartoluci, Marita Ukić</b>	CROATIAN BASKETBALL AS A FRAMEWORK FOR UNDERSTANDING NATIONAL IDENTITY IN THE 1990s .....	491
<b>Dominik Bokůvka, Karel Večeřa, Hana Válková, Zora Svobodová</b>	A LIFE STORY OF A PROFESSIONAL FOOTBALL PLAYER AT THE END OF HIS CAREER .....	495
<b>Vida Janina Česnaitiene, Brigita Mieziene</b>	RELATION BETWEEN INCOMES, PHYSICAL ACTIVITY AND QUALITY OF LIFE IN ELDERLY .....	499
<b>Zrinko Čustonja, Dario Škegro</b>	FRANJO BUČAR IN THE CROATION SPORTS HISTORIOGRAPHY .....	500
<b>Donatas Gražulis</b>	EXPRESSION OF VALUES IN LITHUANIAN YOUNG FOOTBALL PLAYERS .....	504
<b>Miroslav Hrženjak, Boris Balent, Tamara Cvijanović, Marijan Jozić</b>	CONSTRUCTION AND VALIDATION OF SCALE FOR EVALUATING COACHING COMPETENCE .....	508
<b>Miroljub Ivanović, Uglješa Ivanović</b>	GENDER DIFFERENCES DURING ADOLESCENCE IN THE MOTIVES FOR PHYSICAL EXERCISE, DEPRESSION, ANXIETY AND STRESS .....	512

<b>Nika Jukić, Anamarija Križan</b> CORRELATION BETWEEN MEDALS WON IN KARATE WORLD CHAMPIONSHIPS, GDP AND THE NUMBER OF POPULATION .....	513
<b>Hrvoje Karninčić, Gordan Drašinac, Goran Kardum</b> ENGAGEMENT IN SPORTS ACTIVITY AS AN IMPORTANT FACTOR AMONG SPORTS ACTIVITY, RELIGIOSITY AND ALCOHOL CONSUMPTION .....	516
<b>Erkut Konter</b> RESILIENCE OF ADOLESCENTS IN RELATION TO LEVEL OF SPORT COURAGE AND SELECTED DEMOGRAPHIC, PHYSICAL HEALTH, FAMILIAL, EDUCATIONAL AND SPORT VARIABLES .....	521
<b>Ausra Lisinskiene, Audronius Vilkas</b> CONCEPTUAL MODEL OF EDUCATIONAL PARENT–ATHLETE INTERACTION IN SPORT .....	525
<b>Lidija Marković, Višnja Đorđić, Tatjana Tubić</b> PHYSICAL ACTIVITY OF SERBIAN URBAN AND RURAL ADOLESCENT GIRLS .....	529
<b>Mia Masnjak</b> GENDER DIFFERENCES IN SOCIAL EMOTIONAL DEVELOPMENT AND PHYSICAL ACTIVITY LEVEL IN PRESCHOOL CHILDREN .....	530
<b>Brigita Mieziene, Vida Janina Česnaitiene</b> DOES FAMILY SUPPORT IS ASSOCIATED WITH MOTIVATION AND PHYSICAL ACTIVITY IN ELDERLY? .....	535
<b>Abdul Waheed Mughal, Irfan Sheraz, Mohammad Safdar Ali, Tariq Ali Gujar</b> THE PSYCHOLOGY AND SPORTS PROFILES OF YOUNG PLAYERS IN URBAN AND RURAL AREAS OF PAKISTAN .....	536
<b>Saša Pišot, Armin Paravlić</b> WHAT MAKES THEM ACTIVE? THE DETERMINANTS OF PHYSICAL ACTIVITY LEVEL OF OLDER ADULTS .....	537
<b>Nikola Prlenda, Goran Oreb</b> IS IT POSSIBLE TO AFFECT ATTITUDE TOWARDS SAILING THROUGH THE SAILING SCHOOL? .....	538
<b>Rebeka Prosoli, Renata Barić, Martina Jurković</b> WHY? A QUESTION BEHIND EVERY OUTCOME FINALLY ANSWERED .....	542
<b>Petr Scholz</b> BEHAVIOR OF CZECH FOOTBALL SUPPORTERS: THE CASE OF SK SLAVIA PRAGUE .....	547
<b>Aleš Sekot</b> SOCIOLOGICAL ASPECTS OF ACTIVE MODES OF TRANSPORT .....	551
<b>Kristijan Slačanac, Hrvoje Karninčić, Mario Baić</b> GOAL ORIENTATION AND WEIGHT CYCLING IN WRESTLING .....	558
<b>Nikola Starčević, Rebeka Prosoli, Mario Baić</b> ASSESSMENT OF TRAIT ANXIETY LEVELS ON ELITE JUNIOR AND U23 CROATIAN WRESTLERS .....	563
<b>Milena Strachová, Aleš Sekot</b> SPORTS ETHICS VS. FAIR PLAY .....	567
<b>Kenneth L. Swalgin</b> THE ATHLETIC RATING SYSTEM FOR ATHLETES IN GAMES, SPORT, AND CONTESTS: A THEORETICAL MODEL TO QUANTIFY FIVE COMMON FACTORS IN SPORT .....	572
<b>Tomonori Tatsumi</b> CONSTRUCTING THE ATHLETIC INJURY SOCIAL SUPPORT SCALE .....	577
<b>Ilona Tilindiene</b> RELATION BETWEEN PERSONAL CHARACTERISTICS AND EXPERIENCE OF BULLYING AMONG ATHLETES AND NON-ATHLETES ADOLESCENTS .....	578

<b>Željka Vidić, Mark St. Martin, Richard Oxhandler</b> MINDFULNESS AS A MEANS TO ENHANCING WELL-BEING AND PERFORMANCE .....	579
<b>Michal Vit, Zdenko Reguli</b> FEAR OF CRIME AND VICTIMIZATION AMONG THE ELDERLY PARTICIPATING IN THE SELF-DEFENCE COURSE .....	580
<b>Danijela Živković, Danica Pirsl, Nebojša Randelović</b> SPORTS STUDENTS CRITICAL THINKING AND STRATEGIC LEARNING COMPETENCES .....	583
<b>KINESIOLOGY IN PHYSICAL CONDITIONING</b>	
<b>Brad Schoenfeld</b> MANIPULATING RESISTANCE TRAINING VARIABLES FOR MAXIMAL MUSCLE GROWTH .....	586
<b>Boris Bazanov, Indrek Rannama</b> THE MAIN PATTERNS AND ASSOCIATIVE RULES RELATED BETWEEN PLAYERS FUNCTIONAL LOAD INDICATORS, TEAMWORK INTENSITY AND EFFICIENCY IN JUNIOR MALE BASKETBALL .....	588
<b>Denis Čaušević, Alen Ćirić, Nedim Čović, Šemso Ormanović</b> SELECTION OF CADET BASKETBALL PLAYERS BY POSITION IN THE GAME ACCORDING TO THE FUNCTIONAL MOVEMENT SCREENING TESTS .....	589
<b>Cvita Gregov</b> ALLOMETRIC SCALING FOR RELATIVE STRENGTH TESTS IN CROATIAN ARMY RECRUITS .....	593
<b>Zuzana Hlavoňová, Jan Cacek, Pavel Vacenovský, Tomáš Kalina</b> THE EFFECT OF THE IMMEDIATE APPLICATION OF DIFFERENT KINDS OF STRETCHING ON VERTICAL JUMP IN THE ATHLETES – JUMPERS .....	598
<b>Maja Horvatin-Fučkar, Gordana Furjan-Mandić, Josipa Radaš</b> DIFFERENCES BETWEEN TEN GENERATIONS OF FEMALE STUDENTS OF FACULTY OF KINESIOLOGY ON BURPEE30 TEST .....	603
<b>Marijan Jozić, Miroslav Zečić</b> DIFFERENCES IN MORPHOLOGICAL CHARACTERISTICS BETWEEN MEMBERS OF INTERVENTION AND SPECIAL POLICE .....	608
<b>Jana Juříková, Jolana Honsová</b> ANTHROPOMETRIC PARAMETERS AND CARE OF THEIR NUTRITION OF CZECH ARMY AIR FORCE PILOTS AND CZECH CIVIL PILOTS .....	612
<b>Maja Kazazić, Ekrem Čolakhodžić, Adnan Vele, Aida Vele</b> CHANGES IN BIOCHEMICAL BLOOD PARAMETERS IN ONE PRE-SEASON TRAINING UNIT .....	617
<b>Ivan Krakán, Marko Matušinskij, Marin Dadić</b> RELATIONSHIP BETWEEN SPRINT RUNNING PERFORMANCE AND GROUND CONTACT TIME IN JUMPING TEST IN YOUTH SOCCER PLAYERS .....	621
<b>Rasa Kreivyte</b> EFFECT OF THE APPLICATION OF VARIABLE LEARNING CONDITIONS IN BASKETBALL .....	625
<b>Marko Matušinskij, Viktor Novačić, Ivan Krakán</b> CHANGES IN THE 30 – 15 INTERMITTENT FITNESS TEST AFTER FOUR WEEK OF HIGH INTENSITY INTERVAL TRAINING .....	626
<b>Josipa Nakić, Erol Kovačević, Ensar Abazović</b> OCCUPATIONAL KINESIOLOGY - MANUAL HANDLING .....	631
<b>Dušan Nikolić, Miodrag Kocić, Dragana Berić, Stevan Stamenković, Marina Veličković</b> THE EFFECTS OF PLYOMETRIC TRAINING ON THE MOTOR SKILLS OF BASKETBALL PLAYERS .....	635

<b>Emilija Petković</b> AGE – GROUP DIFFERENCES OF YOUNG SERBIAN GYMNASTS IN CERTAIN TESTS OF STRENGTH .....	643
<b>Raminta Sakalauskaitė, Eglė Kemerytė-Riaubienė, Nijolė Jaščaninienė</b> THE RELATIONSHIP BETWEEN FOOT ARCH AND PHYSICAL FITNESS AMONG YOUNG TRIATHLETES .....	648
<b>Ivan Struhár, Michal Kumstát</b> VARIATION IN PRESSURE APPLIED BY COMPRESSION CALF SLEEVES DOES NOT INFLUENCE IMMEDIATE POST EXERCISE RECOVERY .....	652
<b>Davor Šentija, Vlatko Vučetić, Stipo Dajaković</b> CAN AN INCREMENTAL KETTLEBELL SWINGING TEST BE USED TO ASSESS AEROBIC CAPACITY? .....	656
<b>Branimir Šola, Marin Mandarić, Matilda Šola, Goran Kontić</b> FACTORIAL VALIDITY OF UPPER BODY POWER TESTS .....	659
<b>Yang Wang, Jiaqun Yang, Yan Bing</b> THE EFFECT OF UNILATERAL OR BILATERAL STRENGTH TRAINING ON THE BILATERAL LIMB RATIO IN COLLEGE STUDENTS .....	663
<b>Vlatka Wertheimer, Dajana Karaula</b> THE EFFECTS OF PLYOMETRIC TRAINING FOLLOWED BY TRAINING CESSATION ON MOTOR PERFORMANCE .....	664
<b>Saša Vuk, Neven Čorak</b> EFFECTS OF STRENGTH TRAINING ON VERTICAL JUMP PERFORMANCE IN VERY OLD PEOPLE .....	669
<b>Damir Zubac, Boštjan Šimunič</b> SKELETAL MUSCLE CONTRACTION TIME AND TONE DECREASE AFTER 8 WEEKS OF PLYOMETRIC TRAINING .....	673
<b>RESEARCH METHODOLOGY</b>	
<b>Will G. Hopkins</b> P VALUES DOWN BUT NOT YET OUT .....	676
<b>Stephen Silverman</b> DIFFERENTIATING RESEARCH PREPARATION IN KINESIOLOGY .....	677
<b>Zrinka Aladrovic, Zvonimir Tomac, Tihomir Vidranski</b> COMPARISON OF ANTHROPOMETRIC CHARACTERISTICS OF CHILDREN FROM SLAVONIAN REGION WITH WHO STANDARDS .....	678
<b>Boris Balent, Miroslav Hrženjak, Tamara Cvijanović</b> METRIC PROPERTIES OF GOAL ACHIEVEMENT SATISFACTION SCALE IN SPORT ENVIRONMENT .....	679
<b>Petar Barbaros Tudor, Josip Kumburić, Dario Novak</b> THE MEASURE OF INTRINSIC AND EXTRINSIC MOTIVATION IN TENNIS .....	683
<b>Loris Benassi, Ksenija Bosnar</b> THE DEVELOPMENT OF THE GENERAL KNOWLEDGE OF SPORT SCALE .....	688
<b>Hyeonseok Cho, Bora Jeong, Jeicheong Ryu</b> AMPUTEE GAIT SYMMETRY ANALYSIS WITH ANKLE HEIGHT W.R.T. SHANK ORIENTATION DURING STANCE PHASE .....	692
<b>Fahri Safa Çinarlı, Armağan Kafkas, Muhammed Emin Kafkas</b> RELATIONSHIPS BETWEEN LEG MUSCLE FIBER TYPE DISTRIBUTION AND MOTORIC PERFORMANCES .....	693

<b>Matea Đonlić, Tomislav Petković, Stanislav Peharec, Fiona Berryman, Tomislav Pribanić</b> ON THE SEGMENTATION OF SCANNED 3D HUMAN BODY MODELS .....	694
<b>Gordana Furjan-Mandić, Darko Katović, Snježana Bijelić, Josipa Radaš</b> AN ANALYSIS OF THE JUDGING CRITERIA IN RHYTHMIC GYMNASTICS .....	698
<b>Filippo Giorgio Di Girolamo, Roberta Situlin, Nicola Fiotti, Uroš Marušič, Angelina Passaro, Carlo Reggiani, Stefano Lazzer, Boštjan Šimunič, Gianni Biolo</b> ABDOMINAL OBESITY IS A MAJOR DETERMINANT OF SARCOPENIA IN A TRANSNATIONAL POPULATION OF ACTIVE ELDERLY VOLUNTEERS .....	702
<b>Dražen Harasin</b> BOW AND DRILL METHOD (OF FIRE IGNITION) - THE INFLUENCE OF MOISTURE CONTENT IN THE WOOD FROM WHICH MADE BASE AND DRILL ON THE SUCCESS AND ENERGY CONSUMPTION .....	703
<b>Darko Katović, Lavoslav Čaklović, Vesna Babić</b> NEW APPROACH TO HEPTATHLON SCORING .....	707
<b>Jongwon Kim, Nic James, Gethin Rees, Besim Ali, Goran Vučković</b> ASSESSING THE INSTABILITY OF PASSING AND SHOOTING SITUATIONS IN FOOTBALL .....	708
<b>Danijela Kuna, Katarina Zubčić, Alen Miletić</b> HIERARCHICAL CLASSIFICATION OF THE METHODICAL MODEL FOR TEACHING SHORT-RADIUS TURN .....	709
<b>Dejan Madić, Nebojša Trajković, Goran Dimitrić, Marko Gušić, Dušan Stupar</b> SUMMER BREAK PARADOX: LET THE KIDS PLAY .....	713
<b>Sven Maričić, Diana Gluhak, Asim Bradić, Čedo Ilić, Rastislav Baričevac</b> ADDITIVE TECHNOLOGY IN THE PRODUCTION OF SPORTS NUTRITION SUPPLEMENTS .....	717
<b>Franco Merni, Andrea Ceciliani, Nicola Santarelli, Federico Nigro, Sandro Bartolomei, Gabriele Semprini</b> ASSESSMENT OF PHYSICAL ACTIVITIES: A FACTORIAL ANALYSIS BETWEEN DIRECT AND INDIRECT METHODS OF INVESTIGATION .....	720
<b>Rado Pišot, Armin Paravlić, Uroš Marušič, Gianni Biolo, Filippo De Girolamo, Carlo Reggiani, Angelina Passaro, Stefano Lazzer, Boštjan Šimunič</b> DIFFERENCES IN FUNCTIONAL AND ANTHROPOMETRIC TRAITS BETWEEN SLO & ITA OLDER ADULTS .....	724
<b>Boris Popović, Danilo Radanović, Valdemar Štajer, Aleksandra Spasić, Dušan Stupar</b> INTERRATER RELIABILITY IN SCHOOL-BASED FITNESS TESTING .....	725
<b>Franjo Prot, Goran Sporiš, Petr Blahuš</b> TOWARD A MORE COMPLETE HISTORY OF KINESIOMETRICS (KINESIOMETRICS IN ZAGREB RESEARCH METHODOLOGY CIRCLE) .....	729
<b>Danilo Radanović, Boris Popović, Aleksandra Spasić, Valdemar Štajer</b> LOCOMOTOR SKILLS IN 4-YEAR-OLD PRESCHOOL CHILDREN: GENDER DIFFERENCES .....	732
<b>Carlo Reggiani, Luana Toniolo, Massimo Venturelli, Federico Schena, Katja Koren</b> IMPACT OF AGING ON CONTRACTILE PERFORMANCE OF WHOLE MUSCLE AND SINGLE MUSCLE FIBERS .....	735
<b>Donald Roberson</b> BASICS OF QUALITATIVE RESEARCH .....	736
<b>Stanislav Sabaliauskas</b> PSYCHOSOMETRIC PROPERTIES OF THE LITHUANIAN VERSION OF LEADERSHIP SCALE FOR SPORTS .....	739
<b>Roberta Situlin, Filippo Giorgio Di Girolamo, Nicola Fiotti, Uroš Marušič, Angelina Passaro, Carlo Reggiani, Stefano Lazzer, Boštjan Šimunič, Gianni Biolo</b> A CLINICAL DEFINITION OF SARCOPENIC OBESITY IN A TRANSNATIONAL POPULATION OF ACTIVE ELDERLY VOLUNTEERS .....	740

<b>Munir Talović, Franjo Prot, Zvonko Miljković</b> METRIC PROPERTIES OF THE ATTITUDE TOWARD FEMALE BOXING SCALE .....	741
<b>Nebojša Trajković, Dejan Madić, Marko Gušić, Lidija Marković</b> INTERRATER RELIABILITY AND CRITERION VALIDITY OF THE 20M SINGLE SPRINT TEST IN PRESCHOOL CHILDREN .....	745
<b>Drena Trkulja - Petković, Nic James, Stafford Murray, Goran Vučković</b> SHOT SELECTION IN SQUASH: A DECISION-MAKING APPROACH USING CLUSTER ANALYSIS .....	749
<b>Ivan Vrbik, Mario Kasović, Marino Krespi, Marko Badrić</b> EVALUATION OF THE TEACHING METHODS FOR COMPLEX KINESIOLOGICAL ACTIVITIES IN THE EXAMPLE OF BASKETBALL TWO STEP JUMP UP .....	750
<b>Vlatko Vučetić, Damir Pekas, Munir Talović, Mario Kasović, Zvonko Miljković</b> EFFECTS OF TWO DIFFERENT COMBINED TRAINING ON BODY COMPOSITION IN ADULT WOMEN .....	756
 <b>NEW TECHNOLOGIES IN PHYSICAL EDUCATION</b>	
<b>Govindasamy Balasekaran</b> PHYSICAL EDUCATION AND APPLYING NEW TECHNOLOGIES FOR SCHOOL & SPORT ORGANIZATIONS .....	762
<b>Vladislav Bakayev, Alexander Bolotin</b> PEDAGOGICAL MODEL OF CHILDREN SWIMMING TRAINING WITH THE USE OF METHOD OF SUBSTITUTION OF HYDROGENOUS LOCOMOTION .....	763
<b>Arunas Emeljanovas</b> THE RELATIONSHIP AMONG MOTOR COMPETENCE, PHYSICAL ACTIVITY AND BODY COMPOSITION IN THE FIRST GRADE STUDENTS .....	768
<b>Wai-Keung Kevin Kam, Alberto Cruz</b> PE TEACHER'S PERCEPTION ON STEM INTEGRATION IN CURRENT HONG KONG PE CURRICULUM .....	772
<b>Gabriela Luptáková, Branislav Antala, Ludmila Zapletalová</b> REVIEW OF A RESEARCH ON GAME-BASED APPROACHES IN SLOVAKIA .....	773
<b>Salvatore Napolitano, Antonio Ascione</b> THE USE OF MOTOR IMAGERY IN PHYSICAL EDUCATION AND SPORT .....	778
<b>Hrvoje Podnar, Dario Novak</b> EFFECTS OF A FIVE-MINUTE CLASSROOM-BASED PHYSICAL ACTIVITY ON ON-TASK BEHAVIOR AND PHYSICAL ACTIVITY LEVELS .....	783
<b>Sanja Šalaj, Bartol Benko, Danijela Gudelj Šimunović</b> INFLUENCE OF HOME ENVIRONMENT SIZE ON MOTOR PROFICIENCY OF PRESCHOOL CHILDREN .....	784
<b>Lubor Tománek, Branislav Antala, Iveta Cihová</b> PHYSICAL EDUCATION AND NEW TECHNOLOGIES IN OPINIONS OF PUPILS AND PRIMARY SCHOOLS TEACHERS .....	787
<b>Eva Valkounová</b> DETERMINING THE LEVEL OF DIAGNOSTIC COMPETENCE IN UNDERGRADUATE PHYSICAL EDUCATION TEACHERS .....	791



**SCIENCE IN DANCE**

<b>Mats Nilsson</b>	
DANCE – CONTINUITY IN CHANGE .....	796
<b>Tamara Despot, Maja Horvatin – Fučkar, Jadranka Vlašić</b>	
ANALYSIS OF ADJUDICATORS' OBJECTIVITY AT A DANCESPORT COMPETITION IN LATIN DANCES .....	797
<b>Iva Hrnčičrková, Kateřina Kapounková, Marta Gimunová</b>	
EVALUATION OF THE NUTRITIONAL STATUS OF YOUNG ELITE DANCERS BY ANTHROPOMETRIC MEASUREMENTS .....	801
<b>Ivana Katarinčić</b>	
DANCE AS MOVEMENT AND OBJECT OF RESEARCH .....	805
<b>Mandy Knoll</b>	
LONG-TERM EFFECTS OF DANCING ON BRAIN STRUCTURE AND FUNCTION IN THE ELDERLY .....	808
<b>Adriana Ljubojević, Snežana Bijelić, Lejla Šebić, Nikolina Gerdijan</b>	
EFFECT OF PROPRIOCEPTIVE TRAINING ON DANCE SPORT PERFORMANCE .....	809
<b>Sanja Mandarić, Vojin Jovančević</b>	
RELATION BETWEEN SEX AND AESTHETIC ASSESSMENT OF DANCESPORT .....	815
<b>Iva Niemčić</b>	
FROM TRAINEES TO PROFESSIONAL DANCERS – THE CASE OF THE CROATIAN NATIONAL FOLK DANCE ENSEMBLE LADO .....	820
<b>Marija Rakovac, Dubravka Sajković, Bruno Lazinica</b>	
INJURY OCCURRENCE IN THE CROATIAN NATIONAL BALLET - A PRELIMINARY RETROSPECTIVE STUDY .....	821
<b>Velibor Srdić, Osmo Bajrić</b>	
CHRONOLOGICAL DIFFERENCES IN ACQUISITION OF DANCE STRUCTURES' ELEMENTS EVALUATED BY COMPETENT JUDGES .....	825
<b>Jadranka Vlašić, Goran Oreb, Damir Vučić</b>	
BASIC MOTOR ABILITIES AND DANCING EFFICIENCY OF THE FEMALE STUDENTS AT FACULTY OF KINESIOLOGY IN ZAGREB .....	829
<b>Petra Zaletel, Andrej Rebula, Meta Zagorc</b>	
PHYSICAL LOAD AND ENERGY EXPENDITURE IN RECREATIONAL DANCE: SWING, ZUMBA AND SOCIAL DANCE .....	834
<b>List of reviewers</b> .....	839
<b>Index of authors</b> .....	840

## A SIX-MONTH PROGRAM OF COMBINED TRAINING ENHANCES AEROBIC CAPACITY IN MIDDLE-AGED WOMEN

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**Purpose:** The purpose of this study was to identify whether there are and what are the effects of a six-month program of combined training on aerobic capacity of middle-aged women who are physically active.

**Methods:** The overall sample consisted of women (n=47) divided in two groups, the experimental group (n=32) women of average age of 33,87±3,18, and the control group (n=15) average age of 40,33±3,04. In the experimental group, participants of the study trained five times a week, an average of 180 minutes a week, doing different groups of fitness programs, while the control group did not exercise. All measurements and tests were done at the very beginning and after six months, using the Cosmed for PFT Suite spirometer (Cosmed, Italy) and exercise test on the treadmill bar (T 1700), for obtaining the data on aerobic capacity indicators.

**Results:** The obtained results, based on statistical analysis MANCOVA and ANCOVA, indicate that there are statistically significant effects on all aerobic capacity indicators, at the level of  $p=0.01$  in middle-aged women who exercised regularly, compared to the control group.

**Conclusions:** Upon conducting the experimental treatment of six months, the conclusion is that regular exercising, at moderate level, combining different types of trainings, contributes to the improvement of the aerobic capacities in middle-aged women.

**Key words:** *ageing, aerobic capacity, moderate physical activity*