

# KINESIOLOGY

International Journal of Fundamental and Applied Kinesiology

Vol. 43(2011) No.2 (121-224)

## Contents

|                                                                                                                                                                                                                                                                                                                                                                                                     |         |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| Dear Reader .....                                                                                                                                                                                                                                                                                                                                                                                   | 123     |
| Retraction notice .....                                                                                                                                                                                                                                                                                                                                                                             | 124     |
| Jay R. Hoffman, Nicholas A. Ratamess, Jie Kang, Stephanie L. Rashti, Neil Kelly, Adam M. Gonzalez, Michael Stec, Steven Anderson, Brooke L. Bailey, Linda M. Yamamoto, Lindsay L. Hom, Brian R. Kupchak, and Carl M. Maresh<br>( <i>Original scientific paper</i> )<br><b>Acute L-alanyl-L-glutamine ingestion during short duration, high intensity exercise and a mild hydration stress</b> ..... | 125-136 |
| Toivo Jürimäe, Liina Utsal, Jarek Mäestu, Priit Purge and Jaak Jürimäe<br>( <i>Original scientific paper</i> )<br><b>Hormone response to jumping tests in adolescent sprinters</b> .....                                                                                                                                                                                                            | 137-144 |
| Mario Tomljanović, Miodrag Spasić, Goran Gabrilo, Ognjen Uljević and Nikola Foretić<br>( <i>Original scientific paper</i> )<br><b>Effects of five weeks of functional vs. traditional resistance training on anthropometric and motor performance variables</b> .....                                                                                                                               | 145-154 |
| Hamid Arazi, Hassan Faraji, Mahdi Ghahremani Moghadam and Ali Samadi<br>( <i>Original scientific paper</i> )<br><b>Effects of concurrent exercise protocols on strength, aerobic power, flexibility and body composition</b> .....                                                                                                                                                                  | 155-162 |
| Max Nikolenko, Lee E. Brown, Jared W. Coburn, Barry A. Spiering and Tai T. Tran<br>( <i>Original scientific paper</i> )<br><b>Relationship between core power and measures of sport performance</b> .....                                                                                                                                                                                           | 163-168 |
| Romina Umer, Mitja Geržević and Vojko Strojnik<br>( <i>Original scientific paper</i> )<br><b>Validity of measuring muscle activation levels by isokinetic testing</b> .....                                                                                                                                                                                                                         | 169-177 |
| Petra Dolenc and Rado Pišot<br>( <i>Original scientific paper</i> )<br><b>Effects of long-term physical inactivity on depressive symptoms, anxiety, and coping behaviour of young participants</b> .....                                                                                                                                                                                            | 178-184 |
| Željko Pedišić, Danijel Jurakić, Marija Rakovac, Dinko Hodak and Dražan Dizdar<br>( <i>Original scientific paper</i> )<br><b>Reliability of the Croatian long version of the International Physical Activity Questionnaire</b> .....                                                                                                                                                                | 185-191 |
| Ping-Chao Lee<br>( <i>Original scientific paper</i> )<br><b>It's not just sport: Taiwan and the 2008 Beijing Olympic torch relay</b> .....                                                                                                                                                                                                                                                          | 192-203 |
| Nejc Šarabon<br>( <i>Technical note</i> )<br><b>Development of software for comprehensive analyses of force plate measurements: technical note</b> .....                                                                                                                                                                                                                                            | 204-212 |
| News .....                                                                                                                                                                                                                                                                                                                                                                                          | 213-217 |
| Guidelines for contributors .....                                                                                                                                                                                                                                                                                                                                                                   | 218-221 |