



Editor-in-Chief Prof. Branimir Mikić, Ph.D

*"The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather in a lack of will."*  
-Vincent T. Lombardi

Dear readers,

With great happiness I can disclose that a new issue of Sport Scientific And Practical Aspects is published. In this issue, as well as, in previous issues, you can find articles from different kinesiology fields: medicine of physical activity, sport biomechanics, sport sociology, martial arts etc. There are seven original scientific papers and two professional papers.

My great pleasure is that we can open this issue with the scientific article written by Lawrence Hayes et al. from United Kingdom. The paper deals with the question whether a certain time of day may be more or less catabolic or anabolic than another and therefore of greater adaptive potential after exercise. We highly recommend you reading of the article.

This issue of Sport SPA also features a study by Serkan Ibis et al. who investigated the effects of plyometric training on hematological parameters in alpine skiers. They reported that as a result of the study twelve week plyometric training program increased the red blood cells and hemoglobin levels and as a result improved oxygen carriage capacity of the Turkish National Alpine Ski Team athletes.

The students' perception of physical education (PE) courses and its relationship with their participation in sport activities was investigated by Mohsen Ghofrani and Masoumeh Golsanamlou from Iran. They reported that students had positive perception and favorable attitudes towards PE lessons, with boys having more favorable attitudes than girls and with younger students having more favorable attitudes than older.

Also, the issue offers very interesting scientific paper about the differences between perimeter and post basketball players in some aerobic and anaerobic parameters, as well as paper that dealt with differences in indicators of situational effectiveness between teams that compete in different competitions ranks. Additionally, you can read papers of a creation of two new constructs, the first is alternative ways of assessing explosive strength of lower limbs and the second is construction of a questionnaire related to some aspects of health care for recreational athletes. At the end of the issue you can find two professional articles about biomechanical issues in weightlifting and the other about the purpose of innovate high school technologies -formation of design culture of thinking of the selfdeveloped professional.

We are very grateful to new International Editorial Board member Dr. Stevo Popović who accepted to actively, with his suggestions and remarks, help the journal work and enable achieving more references and scientific quality for the journal.

At the end, the Journal Management wishes you all succesfull new academic year!  
Best wishes from Tuzla, Bosnia and Herzegovina!