

KINESIOLOGY

International Journal of Fundamental and Applied Kinesiology

PUBLISHED BY FACULTY OF KINESIOLOGY UNIVERSITY OF ZAGREB, CROATIA

Editor-in-Chief

DRAGAN MILANOVIĆ (University of Zagreb, Croatia)

Editors

Stjepan Heimer (University of Zagreb, Croatia), Chief Executive Editor

Milan Čoh (University of Ljubljana, Slovenia)

Vladimir Medved (University of Zagreb, Croatia)

Daniel Bok (University of Zagreb, Croatia), Junior Editor

Editorial Board

Mirna Andrijašević (Zagreb, Croatia)
Branislav Antala (Bratislava, Slovak Republic)
Mato Bartoluci (Zagreb, Croatia)
David Bishop (Melbourne, Australia)
Katarina T. Borer (Ann Arbor, MI, USA)
Gunnar Breivik (Oslo, Norway)
Lee E. Brown (Los Angeles, CA, USA)
Gerd-Peter Brüggemann (Cologne, Germany)
Julio Calleja (Bilbao, Spain)
Jay Coakley (Colorado Springs, CO, USA)
Gudrun Doll-Tepper (Berlin, Germany)
Marcello Faina (Rome, Italy)
Vladimir Findak (Zagreb, Croatia)
Tetsuo Fukunaga (Saitama, Japan)
Ken Hardman (Worcester, UK)
Vladimir Hellebrandt (Brno, Czech Republic)
Jay R. Hoffman (Orlando, FL, USA)
Anita Hökelmann (Magdeburg, Germany)
Mike Hughes (Cardiff, UK)
Slobodan Jarić (Newark, DE, USA)
Bojan Jošt (Ljubljana, Slovenia)
Toivo Jürimäe (Tartu, Estonia)
Vassilis Klissouras (Athens, Greece)
Mark L. Latash (York, PA, USA)
Ronnie Lidor (Netanya, Israel)
Robert M. Malina (Austin, USA)
Marjeta Mišigoj-Duraković (Zagreb, Croatia)
Erich Müller (Salzburg, Austria)
Benno Nigg (Calgary, Canada)
Sergej Ostojić (Belgrade, Serbia)
José A. Pérez-Turpin (Alicante, Spain)
Ivan Prskalo (Zagreb, Croatia)
Izet Rađo (Sarajevo, Bosnia and Herzegovina)
Roland Renson (Leuven, Belgium)
Antanas Skarbalius (Kaunas, Lithuania)
James S. Skinner (Bloomington, USA)
Claude Sobry (Lille, France)
Emanuel Johannes Spamer (Potchefstroom, SAR)
Włodzimierz Starosta (Warsaw, Poland)
Janko Strel (Ljubljana, Slovenia)
Jozsef Tihanyi (Budapest, Hungary)
Lubor Tomanek (Bratislava, Slovak Republic)
Dinko Vuleta (Zagreb, Croatia)
Ilkka Vuori (Tampere, Finland)
Tsvetan Zhelyazkov (Sofia, Bulgaria)
Wheimo Zhu (Urbana-Champaign, IL, USA)

Section Editors

Sport and Sports Activities

M. Čoh, I. Hmjelovjec, A. Skarbalius, J. Viitasalo, D. Vuleta

Physical Education

V. Findak, D. Frankl, K. Hardman, B. Antala, I. Prskalo, J. Strel

Recreation / Leisure

M. Andrijašević, M. Bartoluci, J. Borms, J. Hrčka, C. Sobry

Kinesiological Anthropology

K. T. Borer, V. Klissouras, M. Mišigoj-Duraković, W. Starosta, R. Barić

Training Methods

D. Milanović, E. Müller, V. Platonov, I. Rađo, T. Zhelyazkov

Sports Medicine and Physiology of Sport

S. Heimer, T. Jürimäe, P. V. Komi, J. S. Skinner

Biomechanics

G. P. Brüggemann, R. J. Gregor, V. Medved, J. Tihanyi, V. Zatsiorsky

History of Sport

G. Breivik, R. Renson

Book Reviews

N. Vođinac

Indexed in:

American Psychological Abstracts: PsycLIT and PsycINFO
EBSCO Publishing Inc., Current Abstracts
Focus-On: Sports Science & Medicine
Index Copernicus
Science Citation Index Expanded
SCOPUS
Social Science Citation Index
Sociedad Iberoamericana de Informacion Cientifica (SIIC) - Argentina
SPORTDiscus Full-Text
ISI Impact Factor: 0.238

Advisory Board

Vadim Balsevich (Moscow, Russia), Jan Borms (Brussels, Belgium), Maria Bulatova (Kiev, Ukraine), Robert J. Gregor (Atlanta, GE, USA), Daniel Frankl (Los Angeles, CA, USA), Antony Carl Hackney (Chapel Hill, NC, USA), Nikola Hadjiev (Sofia, Bulgaria), Ivica Hmjelovjec (Sarajevo, Bosnia and Herzegovina), Wildor Hollmann (Cologne, Germany), Smiljka Horga (Zagreb, Croatia), Jozef Hrčka (Bratislava, Slovak Republic), Paavo V. Komi (Jyväskylä, Finland), Jela Labudova (Bratislava, Slovak Republic), Mladen Mejovšek (Zagreb, Croatia), Joachim Mester (Cologne, Germany), Aleksandar Naumovski (Skopje, Macedonia), Vladimir Platonov (Kiev, Ukraine), Bengt Saltin (Copenhagen, Denmark), Stanislav Stonkus (Kaunas, Lithuania), Kenneth L. Swalgin (York, PA, USA), Stanko Tonković (Zagreb, Croatia), Jukka Viitasalo (Jyväskylä, Finland), Andrzej Wit (Warsaw, Poland), Vladimir Zatsiorsky (York, PA, USA)

Proof Editors Renata Barić, Marija Rakovac

Language

Editors

(English, Croatian)

Željka Jaklinović, Darija Omrčen

Language Adviser

Secretary

Technical Editor/Layout

Elizabeth Harrison Paj

Marija Rakovac

Krešimir Hrvačić

Printed in 750 copies

Editorial Office

KINESIOLOGY

Faculty of Kinesiology

Horvaćanski zavoj 15, 10000 Zagreb, CROATIA

Tel: +385 1 3658 622; 3658 742; 3658 670

fax: +385 1 3634 146

e-mail: kinesiology.office@kif.hr

URL: http://www.kif.hr

Kinesiology – ISSN 1331-1441 (Print), ISSN 1848-638X (Online) is an international journal published twice a year. The annual subscription (2 issues in the English language) is 20 US\$ for Europe and 50 US\$ for overseas. Publishing of the Journal is granted by the Ministry of Science, Education and Sport of the Republic of Croatia and by the Zagreb Sports Association.

Full-text available free of charge at <http://hrcak.srce.hr/kineziologija>