

DRAGI ČITAOCI,

Pred Vama je novi broj Časopisa koji Vam nudi široku lepezu naučnih članaka iz oblasti kojima se bavimo ili srodnih njoj. Učešće su uzeli mnogi naši saradnici, naučni radnici iz Bosne i Hercegovine i regiona. Nastojimo da svaki broj bude kvalitetniji od prethodnog i ponudi nova saznanja iz oblasti sporta, zdravlja i šire i to ćemo činiti i ubuduće.

U ovom broju možete naći vrlo zanimljive radove iz atletike, rukometa, fudbala, karatea, plesa, ishrane i životne sredine, a prije svega, u kontekstu zdravlja vježbača, odnosno sportista. Naravno da nije izostavljen ni školski sport, tj. fizičko vaspitanje i obrazovanje.

Autorima radova hvala jer se trude da svojim istraživanjima unaprijede čovjeka, njegove sposobnosti, karakteristike i njegovo zdravlje. Recenzentima hvala, jer je njihovo oštro pero unaprijedilo svaki rad koji je objavljen u ovom broju Časopisa, a neke autore, odnosno radove, vratilo na preispitivanje i daljnje usavršavanje, kako bi možda u nekom sljedećem broju Časopisa, unaprijeđeni, i oni bili objavljeni.

Neka moto ovoga, 8. broja Časopisa, bude kineska narodna poslovice: „Svi cvjetovi budućnosti izrastaju iz korijena prošlosti“.

Uredništvo Časopisa

DEAR READERS,

We present you a new issue of the Journal offering a wide spectrum of areas of our concern and areas similar to them. In this Journal issue, many associates of ours, scientists from Bosnia and Herzegovina and region took part. We strive at making each new issue to be of better quality than the previous one and to offer new findings from the area of sports, health and others, and which we will also do in the future.

This issue contains very interesting papers from the area of athletics, handball, football, karate, dance, nutrition and environment, and first of all in the context of the health of an exerciser, i.e. athlete. Of course, sports in school, i.e. physical education was not left out.

We would like to express our greatest gratitude to the authors, for their efforts to improve a human being, its characteristics and its health by means of their research. Also, we would like to express our greatest gratitude to the reviewers, since their strict criticism improved each paper published in this issue of the Journal, while some papers of authors were sent back to be reviewed and further improved in order for such improved papers to be published in some of the next issues of the Journal.

Let the motto of this 8th issue of the Journal be a Chinese saying: „All future flowers grow from the roots of the past.“

Journal Editorial Board