

Dear readers,

Another issue of the Journal "Sports Science and Health" is in front of you. In this issue as well, the interest of authors in publishing works in our Journal is great, which further encourages us to progress and raise the Journal of "Sports Science and Health" to an even higher standard.

In this issue, we have 14 works by authors from Bosnia and Herzegovina, Serbia, North Macedonia, Indonesia, Algeria, and Malaysia. The topics of the papers are quite diverse and interesting: the development of Mawashigeri for children aged 10-12 years in karate, the effects of a six-week preparatory period on the transformation of speed and agility ability in senior female soccer players, increasing the effectiveness of shadow training by applying badminton steps in increasing footwork agility in badminton, impact of the complex lumbopelvic hip exercises on the range of motion, strength among the student population, the prevalence of high blood pressure and its association with obesity in children in North Macedonia aged 6, technological readiness and mental state as factors of academic success of students, the impact of training programs on the relaxation of young gymnasts aged 10 and 11 years, the relationship between hand grip balance and body balance in archery, the basis of the value of angular difference and angular velocity according to the steps of rotation in the triple jump, the influence of the level of physical activity on the symptoms and duration of recovery from the disease Covid 19, the sociological perspective of transhumanism through the prism of the sports-marketing industry, physical the activity of students, the relationship between physical dimensions and the specifics of the motor skills of volleyball players in relation to the playing position, the specifics of the realization of health-recreational goals at school in nature.

The editorial board of the Journal, as always, would like to thank all the authors, as well as the reviewers, who improve and improve the quality of the Journal itself with their participation. We invite you to continue to send your works to our address www.siz-au.com in order to contribute as much as possible to the development of both the Journal and science in general.

The most beautiful thing we can experience is that which is mysterious. It is a fundamental feeling that stands at the core of every art and science.

Albert Einstein

Dragi čitaoci,

Pred vama je još jedan broj Časopisa "Sportske nauke i zdravlje". I u ovom broju zainteresovanost autora za objavljivanje radova u našem Časopisu je velika, što nas dodatno podstiče da napredujemo i dižemo Časopis "Sportske nauke i zdravlje" na još veći standard.

U ovom broju imamo 14 radova, autora iz Bosne i Hercegovine, Srbije, Sjeverne Makedonije, Indonezije, Alžira, Malezije. Tematika radova je dosta raznovrsna i zanimljiva: razvoj Mawashigeri za djecu uzrasta 10 – 12 godina u karateu, efekti šestonedelnog pripremnog perioda na transformaciju brzine i agilnosti kod fudbalerki seniorki, povećavanje efikasnosti treninga sjene primjenom badmitonskih koraka u povećanju agilnosti rada nogu u badmintonu, uticaj kompleksa vježi lumbopelvičnog kuka na raspone pokreta, snagu među studentskom populacijom, prevalencija visokog krvnog pritiska i povezanost sa gojažnošću djece u Sjevernoj Makedoniji uzrasta 6 godina, tehnološka spremnost i psihičko stanje kao faktori akademskog uspjeha učenika, uticaj programa trening na opuštawe mladih gimnastičarki uzrasta 10 i 11 godina, odnos ravnoteže stiska šake i ravnoteže tijela u streličarstvu, odnos vrijednosti ugaone razlike i ugaone brzine prema koracima rotacije u troskoku, uticaj nivoa tjelesne aktivnosti na simptome i trajanje oporavka od bolesti Covid 19, sociološku perspektivu transhumanizma kroz prizmu sportsko-marketingške industrije, fizička aktivnost studenata, relacije tjelesnih dimenzija i specifičnosti motoričkih sposobnosti odbojkašica u odnosu na igračku poziciju, specifičnosti realizacije zdravstveno-rekreativnih ciljeva u školi u prirodi.

Uredništvo Časopisa kao i svaki put do sada želi da se zahvali svim autorima, ali i recenzentima koji svojim učešćem unaprijeđuju i poboljšavaju kvalitet samog Časopisa. Pozivamo vas i dalje da na našu adresu www.siz-au.com i dajte šaljete svoje radove, kako bi što više doprineli razvoju kako Časopisa, tako i nauke uopšteno. Najljepše što možemo doživjeti je ono što je tajanstveno. To je temeljni osjećaj koji stoji u zamjetku svake umjetnosti i nauke.

Alber Ajnštajn