

Dear readers,

*In the new December issue of our Journal we have a record number of papers and a lot of papers from Asia, the Editorial Board included seventeen works by authors from Algeria, Indonesia, Iraq, Philippines, Lithuania, North Macedonia, Croatia, Serbia and Bosnia and Herzegovina.*

*In this issue, you will read articles related to age as an indicator of sports success, an eight-week online program of special skills on the body mass index of students, an analysis of students' behavior during physical activity in teaching activities, an analysis of the culture of student behavior, an analysis of the condition of Indonesian beach volleyball players, improvement body mass index using exercise tabata, differences between professional and recreational athletes in habits during the COVID-19 pandemic, how exercise lasts in the plank affects arm muscles and precision in archery, identifying and diagnosing the gap in the application of artificial intelligence in the management of sports organizations, motor skills students with specific learning difficulties and students with normal development, quality of life and physical fitness in women, the connection between physical activity and obesity, analysis of gyaku-zuki assessment in karate, the effect of massage on the work productivity of people with disabilities, the relationship between students' nutrition and their physical activity, the relationship between quality of life and cardiorespiratory fitness, theraband exercise program, the use of intermittent exercises in training to increase maximal aerobic speed and strength in U-19 soccer players and the relationship between physical fitness and the lifestyle of early school-aged children.*

*We would like to thank all the authors, reviewers and members of the editorial board for their efforts, and on this occasion we invite our previous collaborators, especially new, young colleagues, to contribute their works to the effort to make sports science an increasingly important factor in people's good health. We hope that this issue will meet the expectations of the wider readership.*

*We wish everyone a happy and successful New Year 2024!*

EDITORIAL BOARD OF THE JOURNAL

Dragi čitaoci,

*U novom decembarskom izdanju našeg Časopisa imamo rekordan broj radova i dosta radova iz Azije, Uredništvo je uvrstilo sedamnaest radova, autora iz Alžira, Indonezije, Iraka, Filipina, Litvanije, Sjeverne Makedonije, Hrvatske, Srbije i Bosne i Hercegovine.*

*U ovom broju ćete pročitati članke koji se odnose na starost kao indikator sportskog uspjeha, osmondeljni online program specijalnih vještina na indeks tjelesne mase studenata, analiza ponašanje studenata pri fizičkoj aktivnosti u nastavnim aktivnostima, analiza kulture ponašanja studenata, analiza stanja indonežanskih odbojkaša na pijesku, poboljšanje indeksa tjelesne mase pomoću tabata vježbanja, razlike između profesionalnih i rekreativnih sportsita u navikama tokom pandemije COVID – 19, kako vježba izdržaja u planku utiče na mišiće ruku i preciznost u streličarstvu, identifikovanje i dijagnostikovanje jaza u primjeni umjetne inteligencije u upravljanju sportskim organizacijama, motorne sposobnosti učenika sa specifičnim teškoćama u učenju i učenika urednog razvoja, kvalitet života i fizička kondicija kod žena, povezanost fizičke aktivnosti sa gojaznošću, analiza procjene gyaku-zuki u karateu, učinak masaže na radnu produktivnost osoba sa invaliditetom, odnos između uhranjenosti studenata i njihove fizičke aktivnosti, odnos između kvaliteta života i kardiorespiratorne sposobnosti, theraband program vježbanja, korišćenje povremenih vježbi u treningu za povećanje maksimalne aerobne brzine i snage u U-19 fudbalera i odnos između fizičke spremnosti i načina života djece ranog školskog uzrasta.*

*Zahvaljujemo svim autorima, recenzentima i članovima uredništva na uloženom trudu i ovom prilikom pozivamo naše dosadašnje saradnike, a posebno nove, mlade kolegice i kolege, da svojim radovima daju doprinos nastojanju da sportske nauke budu sve značajniji faktor dobrog zdravstvenog stanja ljudi. Nadamo se da će i ovaj broj ispuniti očekivanja šire čitalačke populacije.*

*Želimo svima srećnu i uspješnu novu 2024. godinu!*

UREDNIŠTVO ČASOPISA