

## Dear Reader!

To those of us who have, from the very beginning, been involved in the idea of founding a journal in the field of kinesiology – which, at that time, enabled publication of the more important domestic articles in the field of sports science – it seems almost impossible that forty years have passed since then. From its founding to the present day, this journal has experienced some good times and some challenging times, but, through it all – and reinforced with new, young strength – it has not only remained stable, but has also made substantial progress. Today, **Kinesiology** is not just a faculty journal, nor is it only a Croatian, or only a European journal. We can be extremely satisfied and proud that the Editorial Office receives articles from every continent, that the peer-reviewers come from every continent, and that the journal is sent to recipients across every continent. This can be attributed to its growing quality, indexing in the Web of Science, and citations by authors from all over the world.

At the end of the last year, the Faculty of Kinesiology in Zagreb celebrated its 50<sup>th</sup> anniversary. The representatives of numerous generations of students, professors, and friends of the Faculty recently decided to constitute the association **Alumni facultatis kinesiologicae Zagrabiensis**, with its Founding Assembly Meeting taking place in June 2010. This association will – as many others in the world already do – strengthen the feeling of pride to belong to the institution that has directed the life of many and earned them a significant place in society.

The FIFA World Cup is currently taking place in South Africa. Beside its manifest part – competition, fan support, and awaiting the winner – this event will surely encourage professional analyses of the process of different teams' preparations which will contribute to new theoretical findings and directions in applied kinesiology.

Another important date is September 2011, when the 6<sup>th</sup> International Scientific Conference on Kinesiology is planned. Members of the Organizing Committee have already started with the initial preparations. After last year's discussion with the representatives of various European institutions and faculties from the field of kinesiology, the Conference was accepted as the place to host the Founding Assembly Meeting of the **European Kinesiological Association**. This association will be formed with the aim of making a stronger connection among the European scientific and higher educational institutions within this field, promoting

collaboration in scientific and educational work, the mobility of teachers and students, and joining forces in the advancement of our science and profession. We believe that together we shall succeed.

This **issue** of *Kinesiology* features eleven interesting articles. It starts with two review papers. The first one – written by the distinguished expert in the field Prof. Ilkka Vuori – is a comprehensive update on physical activity and cardiovascular disease prevention in Europe. The paper summarizes the evidence – published mainly during the past 10 years – on the relationship between physical activity and cardiovascular disease. The principal focus is on aspects related to primary prevention of the clinical events of coronary heart disease and stroke.

The review written by Filipović and Ciliga explores the enigmatic phenomenon of idiopathic adolescent scoliosis, a condition of increasing incidence among youngsters, and, as such, a research subject of a growing number of scientific studies aimed at discovering the origin of its pathology.

Rahimi and colleagues examined and determined the influence of a short-term creatine supplementation on hormonal responses (growth hormone and testosterone) to resistance exercise in 27 sportsmen.

The next two articles cover psychological topics involving school-aged children. Peters and Jones investigated the perceptions – held by 167 students studying sport exercise and PE related programmes in Higher Education in England – of the physical self of 'fat' children compared with their perceptions of 'normal-weight' children; the paper by Ozbić deals with Developmental Coordination Disorder. The author examines discrimination between pupils – observed by their teachers – exhibiting coordination and learning difficulties and those without teacher-reported difficulties of this kind. Teachers can easily recognize pupils with motor coordination difficulties, and organize appropriate psychomotor activities for them.

Yet another article explores a topic related to children – Krstulović and colleagues investigated the differential effects of a 9-month training programme of judo, soccer, and track-and-field, on some anthropological characteristics in 7-year-old boys.

Sporiš and associates aimed to determine the effects of agility training – training of acceleration, deceleration and quick change of the direction of movement – on athletic power performance in