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c.b.
(30 x 35 mm)

Editor-in-Chief, Prof. Branimir Mikić, Ph.D

“Whoever said, 'It's not whether you win or lose that counts,' probably lost”

Martina Navratilova

Dear readers,

With great happiness I can disclose that a new issue of Sport Scientific And Practical Aspects is published. In this issue, as well as, in previous issues, you can find articles from different kinesiology fields: medicine of physical activity, sport biomechanics, sport sociology, martial arts etc. There are five original scientific papers and two professional papers.

My great pleasure is that we can open this issue with the scientific article written by colleagues from Slovakia, Poland and Slovenia. The paper deal with differences of physical activity, body composition and level of aerobic capacity among young, adults, physically active and inactive women and men and promote physically active way of life as a precondition for good human health. Also, the issue offers very interesting professional paper that deal with a construction of new field tennis test for evaluation of acquired tennis technique of young tennis players.

We are very thankful to new International Editorial Board members who recognized quality and importance of the journal existence for kinesiology scientists and experts in this region of Europe and accepted to actively, with their suggestions and remarks, help the journal work and enable achieving more references and scientific quality for the journal.

At the end, I wish you all happy and successfull new year!

“Ko kod kaže da nije važno da li pobijediš ili izgubiš, taj vjerovatno izgubi”

Martina Navratilova

Dragi čitaoci,

Sa radošću mogu konstatovati da je još jedan broj časopisa Sport-naučni i praktični aspekti pred Vama. I u ovom broju kao i u prethodnim izdanjima možete pronaći radove iz različitih oblasti kineziologije: medicinske aspekte tjelesne aktivnosti, biomehanike sporta, sociologije sporta, borilačkih vještina... Tu je pet originalnih naučnih radova i dva stručna rada.

Posebno nam je zadovoljstvo što ovaj broj možemo otvoriti radom kolega iz Slovačke, Poljske i Slovenije, a koji se bavi razlikama aerobnih i anaerobnih kapaciteta i sastava tijela tjelesno aktivnih i neaktivnih mladih ljudi, žena i muškaraca, te promoviše tjelesno aktivan način života kao preduslov dobrog zdravlja čovjeka.

Također, ovo izdanje nudi iznimno zanimljiv stručni rad iz oblasti sportskog treninga tenisera sa ponuđenim mogućim rješenjem konstrukcije situacionih testova za procjenu tehnike mladih tenisera.

Želimo da se zahvalimo svim novim članovima međunarodnog uredničkog odbora koji su prepoznali kvalitet i značaj časopisa za naučnike i stručnjake kineziologije iz ovog dijela Evrope te pristali da svojim aktivnim učešćem, sugestijama i primjedbama, pomognu radu časopisa, a na taj način omoguće mu još veću referentnost i kvalitet.

Na kraju želim Vam svima sretnu i uspješnu 2010 godinu

PHYSICAL ACTIVITY, BODY MASS, BODY COMPOSITION AND THE LEVEL OF AEROBIC CAPACITY AMONG YOUNG, ADULT WOMEN AND MEN

Karol Görner: Department of Physical Education and Sports, Faculty of Humanities,
Tomasz Boraczyński: Matej Bel University in Banská Bystrica, Slovakia & Academy of Physical Education in Kraków, Poland
Department of Physical Education. Józef Rusiecki Olsztyn University, Olsztyn, Poland.
Jože Štihec: Faculty of sport, University of Ljubljana, Slovenia

Original scientific paper

Abstract

Low level of physical activity is thought to be one of the main factors of many diseases development. Physical activity and aerobic capacity are very important elements of health. The aim of the study was to assess the relations between physical activity, body composition and level of aerobic capacity among young, adult women and men. The study involved 218 physiotherapy students (128 females and 90 males) and 380 physical education students (122 females and 258 males). The questionnaire was applied to assess their level of physical activity. Body mass was measured using Tanita BC 418 MA analyser. Height was measured using a Holtain stadiometer. Skinfold thicknesses were measured using a GPM caliper. Aerobic capacity was assessed indirectly taking into account the results of the PWC170 test. The ANOVA analysis was used. The results of the study demonstrated that women and men being physical education students characterised a higher level of physical activity than physiotherapy students. Female students of physical education have a significantly lower fat content and a significantly higher level of aerobic capacity, compared to the students of physiotherapy. Male students of physical education have a significantly lower body mass, lower fat content, lower value of the BMI index, as well as a significantly higher level of aerobic capacity, compared to the students of physiotherapy. The results indicate that women and men who have an active lifestyle characterised normal body fat content, BMI index and a higher level of aerobic capacity.

Key words: physical activity, body mass, body composition, aerobic capacity, young, adult women and men

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