

Dear Reader!

In the summer of 2006 five of the most recent issues (complete volumes 36 and 37, as well as the first issue of the volume 38) of the Journal have been made electronically visible in full-text and accessible free of charge via Internet at the address: http://hrcak.srce.hr/index.php?lang=en&show=casopis&id_casopis=72. Namely, the University Computing Centre of the University of Zagreb launched in 2006 an information project HRČAK, granted by the Croatian Ministry of Science, Education and Sports. It has been named after the Croatian word for a hamster, a small animal that stores food by carrying it in its cheek pouches and hoards it away in a cache. In a similar way this central portal of open-access scientific and professional journals published in the Republic of Croatia files and stores journals digitally with the goal to making them more visible and accessible in the research community. The project has helped Editorial Boards of many journals by providing a platform for on-line publishing as well. Our plan is to make every next issue available on-line at the mentioned address and, simultaneously, to go back to the year 2000 with full text presentation of the articles already published. We would also like to go back even to the beginnings of the Journal in the year 1971, but only with the English and Croatian abstracts.

You will also notice, dear Reader, that there are no short abstracts in the German language any more. The Editorial Board believes that the time has come to make the editing procedure simpler by omitting the German abstract. Namely, the English language has become undoubtedly a lingua franca of recent science. We may discuss whether it is good or bad, but it is a fact - even German international journals (published in English) nowadays do not have German abstracts. The Croatian readership, some of whom may have a less than good command of the English language is provided with the extended abstract (an article in miniature) in the Croatian language.

The Croatian Ministry of Science, Education and Sport, the principal financial supporter to *Kinesiology – International Journal of Fundamental and Applied Kinesiology*, conducted in the year 2006 an evaluation of publications under its grant. The evaluation included the following criteria: quality of research content, quality of the

reviewing procedure, visibility and accessibility of the journal to the scientific community, and quality of editorial work. The Publication Commission of the Ministry recently announced its evaluation report. Our journal was thus evaluated as excellent and categorized among 10% of the most quality journals in the area of social sciences. Such recognition is an approval not only to the Editorial Board but to the numerous contributors, who have been supplying us with enough quality papers, and the prominent peer reviewers, who have put their free time and expertise to the service of the quality of the journal. Praiseworthy evaluation is a strong motive for the members of the Editorial Board to persist in quality assurance and in the pursuit for a wider readership. Modesty aside, we do not intend to hide our ambition to see our journal in the source list of the most quality bibliographic and citation databases.

Till then, dear Reader, we believe that the ten new articles in this issue will attract your attention. The Editorial Board is convinced that these research studies from the field of kinesiology and adjacent scientific disciplines, in this issue from psychology of sport in particular, will meet a keen reception among scholars and practitioners of kinesiology or sport (movement) science. The longitudinal monitoring of the influence of additional PE lessons on the physical and motor development of children of the lower "sports" forms in primary school (Jurak et al.) confirmed their positive influence on the development of certain motor abilities. On the sample of adolescents and young adults it was demonstrated that various didactic approaches and methods of knowledge transfer produce diverse effects also in PE classes (Kampiotis and Theodorakou). In their paper Masten and associates analysed the influence of identity on both the state and trait anxiety in athletes of both genders and of various quality categories. Barić and Horga utilized quasi-canonical analysis to test the psychometric properties of the Croatian version of Task and Ego Orientation in Sport Questionnaire. Černohorski and associates investigated the influence of the psychological dimensions of psychosomatic status on potential sport performance in cross-country skiing. Rogulj and Nazor conducted a similar research on the sample of junior handball players. Gruić and

associates analysed the contribution of certain relevant indicators of situation-related efficiency or performance to the overall performance of teams at the Men's World Handball Championship in Portugal. Spamer and De la Port determined the relevant anthropological and kinesiological features of the young rugby players of South Africa. They also proposed the norms for the investigated characteristics and skills of rugby union players U16 and U18. Ulaga and associates estimated the validity of the dimensional configuration of two reduced potential performance models in ski jumping. Mirna Andrijašević investigates cluster grouping of adult men based on the answers from the questionnaire poll focused on the way they spend their free time. Her recommendation is: physical recreation programmes should be designed in line with the preferences of potential participants.

The prevalence of articles which address various psychological issues may seem intentional, but it should be admitted: it happened more or less by chance - these articles were good and prepared

in time for this issue. Yet, maybe we should dwell upon the following idea a little: maybe it is a tendency in recent kinesiology research - the ever growing interest in a vast variety of psychological topics, mostly related to behaviour and cognition in physical exercise and sport, is incited by giant breakthroughs in scientific findings about the human brain and nervous system functioning and about human genome, on the one hand, and on the other by the fact that elite athletes are so well physically prepared that only tiny psychological details decide between victory or defeat. Or, perhaps, we all need physical exercise and activity not only to feel physically competent and fit; more than ever we need a means to reduce stress and its consequences, to compensate for a sedentary lifestyle, to find relaxation and joy in solving physical challenges, and to communicate better with our true inner nature, as well as with Mother Nature.

Last, but not least – we have pleasure in announcing the 5th International Conference/Congress on Kinesiology herein.

Editors