

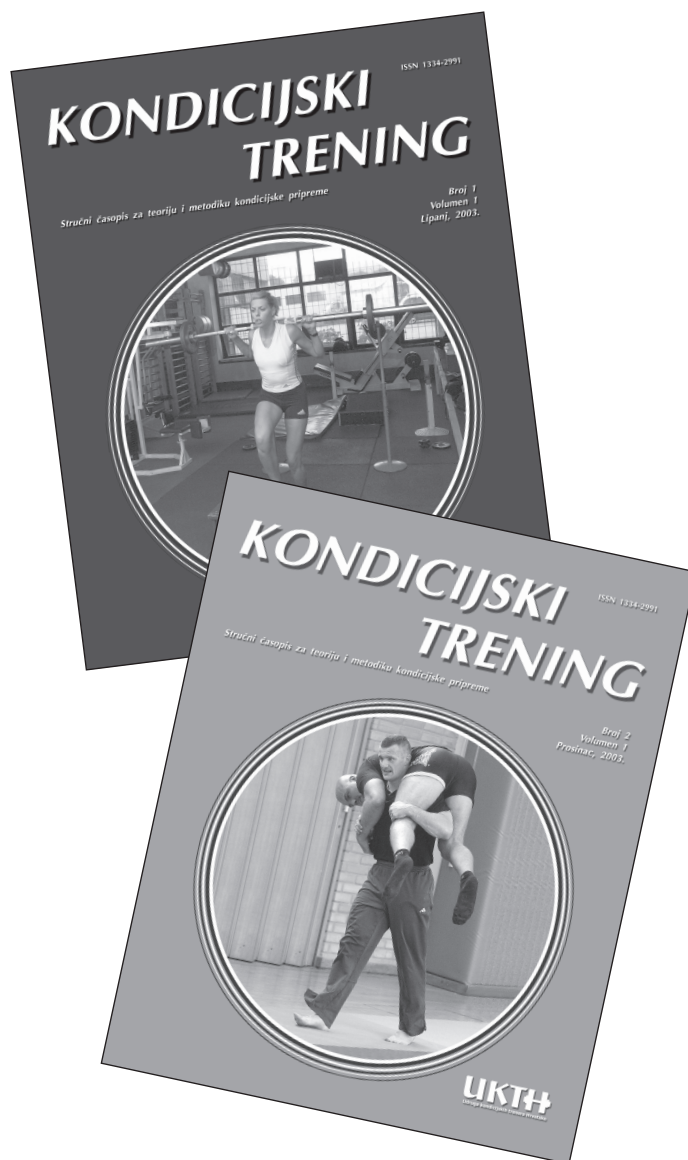
## PROFESSIONAL JOURNAL *KONDICIJSKI TRENING* (*PHYSICAL CONDITIONING*)

*Kondicijski trening (Physical Conditioning)* is a sporting professional journal intended for strength and conditioning specialists, coaches, physical education teachers, sport physicians and physiotherapists, as well as for other professionals engaged in the system of sport preparation. At last, but not at least, the journal is intended for active sport persons who can find interesting sport-specific information in it.

Contributions are focused on the presentation of the application of current advances in kinesiology and adjacent scientific disciplines, related particularly to any aspect of physical conditioning. Expert knowledge and experience of prominent strength and conditioning specialists and other sporting professionals on various aspects of physical conditioning will also be presented. The aim of the journal is, therefore, to bring current information on the most recent trends and advances in physical conditioning to professionals in the field of sport and exercise.

The concept of the journal is to cover the most important areas of sport preparation as represented by the following sections:

- Fundamentals of physical conditioning
- Diagnostics of physical preparedness of sport persons
- Physical conditioning of young athletes
- Physical conditioning of women
- Physical conditioning of special populations (armed forces, police forces, firemen, persons with disabilities and others)
- Ergogenic aids in physical conditioning
- Sport-specific physical conditioning
- Methods of physical conditioning
- Programming in physical conditioning
- Prevention and rehabilitation of sport injuries
- Psychological aspects of physical conditioning of sport persons
- Round table – any open issues regarding physical conditioning
- Diet and supplements
- Informatics and computer technology in physical conditioning
- Scientific research in the field of physical conditioning.



The journal publishes two types of contributions: original professional papers and translations of professional papers already published in eminent world sport-related journals.

*Kondicijski trening* is published by the Croatian Association of Physical Conditioning Coaches in co-operation with the Faculty of Kinesiology, University of Zagreb, and the Zagreb Sports Association. It is published in the Croatian language only (for the time being) twice a year. The edition is 2000 copies. It was distributed in Croatia, Slovenia, Bosnia and Herzegovina, Serbia and Montenegro. Future plans to provide each article with a summary in English will certainly enhance circulation of the journal.