

### **Dear Reader!**

*Each new issue of the peer reviewed international journal Kinesiology is a bundle of joy for both the authors and the members of the Editorial Board. At the same time it is, hopefully, a small step further in the improvement of the journal's quality. In this issue we wish to introduce a novelty practice: one world distinguished kinesiologist or sport scientist will prepare a review article about the advances and positions in the field of his/her research interest. In principle, the Editorial Board will invite reviews, but you are, dear Reader, encouraged to propose a topic or even submit a review on whichever of the numerous kinesiology-related topics. To begin the series Professor Ilkka Vuori, MD, PhD, our dear Finnish colleague and a Kinesiology Editorial Board member, has prepared an article on the relationships between physical activity and health. The review offers up-to-date insights, based on a vast number of research studies cited in the impressive list of references, into the influence physical activity or physical inactivity has on health and the quality of life.*

*A lot of interesting events related to the Faculty of Kinesiology, University of Zagreb, and in the domains of sport, physical education and leisure-time sport in Croatia marked the year 2004.*

*This year the Faculty of Kinesiology celebrated the forty-fifth anniversary of its work. In the history of this institution of higher education more than 4,500 students have graduated and attained the professional title of physical education teachers and sport trainers. More than 200 Masters of Science and almost a hundred Doctors of Philosophy defended publicly their theses and dissertations in the scientific field of kinesiology. On this occasion two new publications have been prepared. One is a richly illustrated monograph on the Faculty of Kinesiology's establishment and work. The other is a bibliography of the works the members of the Faculty have published since 1959. The*

*book comprises over 4,000 chronologically arranged entries (articles, books and parts in books, conference contributions, scripts, scientific and professional project reports, software programmes, video cassettes and others) which document the vivid research and educational activity.*

*On September 8, 1874, the Croatian Sabor (Parliament) passed, after a lively and substantial discussion, the Law on the Organisation of Plebeian Elementary Schools and Teacher Training Schools in the Kingdoms of Croatia and Slavonia. It was the first law which regulated education in Croatia. Among other things, compulsory PE teaching was introduced in the elementary schools and optional PE teaching in the secondary schools. This was the finale of several decades of struggle of physical education teachers and teachers in general to make their communities aware of how important physical activity and exercising were in everyday life because of their beneficial influence on the well-being of a human being. Such a general positive attitude towards sport and physical exercise flung the door open for all kinds of modern sport at the end of the 19<sup>th</sup> century.*

*A hundred and ten years ago Franjo Bučar, the "father of the Croatian sport", had returned from the Royal Central Institute of Gymnastics in Stockholm, Sweden, and organized the first higher education course for physical educators in Croatia. The course lasted two years (1894-1896) and was aimed at training Croatian secondary school gymnastic teachers. Within the course some of the most popular and nowadays mostly awarded sports in Croatia, like skiing, football, or tennis, were presented and taught for the first time.*

*And last, but not the least important - Croatian athletes performed very well in 2004, especially in Athens at the Olympic Games. It is a great success that such a small country appears with so many athletes in so many*

*sport events, but it is even a greater success to accomplish respectable sports results such as five Olympic medals (one gold, two silver and two bronze medals), which ranked Croatia on the high 44<sup>th</sup> position among the medal winners. These medals speak in favour of the highly effective performance of Croatian athletes. But athletes were not nor are they alone – numerous trainers, coaches, sport instructors, kinesiology researchers, physicians, technical and administrative sport personnel, organisers and executives contributed to the success. The systematically applied anti-doping control in Croatia should be highlighted here as well because of its effectiveness that has undoubtedly contributed to the regularity of the appearances of Croatian athletes.*

*The Kinesiology journal continues the Croatian long living traditional interest in sports and physical exercise, in which Croats have displayed sensibility to notice, acquire and keep pace with the then contemporary European exercise and sport movements. We are convinced that the current Croatian kinesiological thought may offer interesting ideas to the world community of kinesiologists or sport scientists through our journal.*

*The process of giving and receiving is indispensable for science, which is international in its nature. Therefore, in the present issue 32 authors from Australia, Botswana, Bulgaria, Canada, Croatia, Estonia, Finland, Germany,*

*Slovakia, Slovenia and the USA present their twelve papers. As said before, the invited review of Prof. Vuori deals with the influence of physical activity on health, and another review presents up-to-date knowledge on the adaptation of the human organism to submaximal physical training. Six original scientific papers cover the areas of physiology of sport and exercise (a comparison of maximal tethered running and Wingate anaerobic test, the influence of heavy training stress on male rowers), biomechanics (rigid-body modelling and motor learning, modelling and simulation of two competitive slalom techniques, various responses to transcranial magnetic stimulations), and selection in competitive sport (swimming). Three preliminary communications are focused on expanding the investigation methods for sport management research, on the incidence of orofacial injuries in high-school basketball players, and issues related to leisure-time sport, whereas one professional paper presents fitness profiles of Botswana track athletes.*

*Just to remind you, dear Reader - the 4<sup>th</sup> Conference on Kinesiology “Science and Profession - Challenge for the Future”, September 7-11, 2005, is to be held in only nine months, but the paper submission deadline is much closer – it is March 15, 2005. So, there is not much time left for your contributions to be prepared. We are looking forward to meeting you in Opatija!*

*Editors*