

Dear Reader!

Time is dragging slowly along, but quickly passes by. This is how we have perceived the time from the 3rd International Conference on Kinesiology, held in Opatija in 2002. Some of us were still evoking memories, people we met, events we participated in, when, all of a sudden, it was high time to start with the organisation of the new, 4th Conference on Kinesiology. And this Conference is now in the very near future – it is to be held in two months time (Opatija, September 7-11, 2005). The members of the Organising Committee, Scientific Committee and Board of Referees have done some hard work and most of them can light-heartedly look forward to their, this time a somewhat shorter, vacation. We are very satisfied with the response: 224 papers have been accepted for either the podium or poster presentation, written by about 300 authors from Austria, Belarus, Bosnia and Herzegovina, Bulgaria, Croatia, the Czech Republic, Estonia, Finland, France, Germany, Hungary, Iran, Italy, South Korea, Lithuania, Macedonia, Nigeria, Norway, Poland, Serbia and Montenegro, Slovakia, Slovenia, South Africa, Sweden, Ukraine, and the USA. We are proud and happy that almost all the invited key-note and introductory speakers, worldly recognised scholars and scientists, have accepted the invitation to take part in the Conference, thus contributing considerably to its quality and importance. All the participants and guests are kindly invited to Opatija, the oldest tourist destination in Croatia. We will do our best to make your stay as pleasant and productive as possible.

On the very last day of the Conference the members of the KINESIOLOGY International Editorial and Advisory Board, who will attend, will traditionally have a session to analyse a few of the past issues of the journal (from 2002 onwards), to discuss the organisation of the editorial work in the journal, to point out the good and less good features of the journal, as well as to suggest and plan some possible development directions and steps. So, dear members of the Editorial Board and Advisory Board, would you be so kind as to prepare your comments on the journal and suggestions on

how to improve its quality and status in the international academic and scientific community.

We are using this opportunity to announce that the University of Zagreb, Faculty of Kinesiology has finally joined the large family of European faculties and universities which have aligned their graduate and postgraduate, doctoral and specialist, curricula with the directives of the Bologna Declaration and ECTS. We have noticed that cognate faculties have kept certain specific characteristics of their curricula, thus enlarging the variety of the study courses and subjects offered, despite the fact that they have all been mutually harmonized. Our curricula have also retained certain traditional kinesiology-related characteristics and contents. Upon the international reviewing procedure the University of Zagreb has granted accreditations to the Faculty of Kinesiology, so the 2005/2006 academic year will see the commencement of the new study curricula. In Croatia it is considered also a huge step forward towards the integration with the European Union countries because a high mobility of scholars and students is expected in the future. And it is a core concept of the Bologna process. The implementation of any new schooling system requires many adjustments, much time and patience, as well as a highly competent teaching staff, preferably the young ones who are not burdened with the past. It is our hope the Faculty of Kinesiology will efficiently meet all the requirements and become an appealing destination for European teachers and students.

Now, back to this issue of KINESIOLOGY which is presenting twelve contributions (one review, eight original scientific papers, two preliminary communications and one professional paper) by 33 authors from the Czech Republic (2), Croatia (4), Estonia (2), Poland (2), Slovenia (1), and South Africa (1), one conference report and one book review. The articles deal with the following topics and/or issues: kinematic analysis of handball jump shot, technical efficiency in wrestling, prediction of success in combat sports and self-defence, the influence of environmental conditions on the effects

of aerobics dance programmes, system of general gymnastics in sport for all, dynamics of performance progress in track-and-field, interests in sport activities in the secondary school first-year students, ways in which university students spend their leisure time and health self-perceptions, relations among competitive state anxiety, self-confidence and athletic performance, position-related differences in young rugby players in anthropometric characteristics and rugby-specific skills, as well as in physical and motor components, and effects of sprint and plyometric training on morphological characteristics in physically active men. The first contribution is a review, written and offered to the KINESIOLOGY by the Croatian authors who tried to find answers to the question whether to exercise or not to exercise in acute upper respiratory tract infections. This review is the second one in the series (hopefully a traditional one) of reviews founded in the volume 36, issue 2. That such a series is

a good move was confirmed a month after the last issue had been published - the KINESIOLOGY Editorial Board gave permission to the Italian journal Scuola dello Sport to translate and reprint the first review in the series by Prof. Ilkka Vuori.

The editors and executives bid welcome to your submissions, which are becoming ever greater in numbers and better in quality. However, we would like to draw your attention to the Guidelines for Contributors, especially to the parts regarding the extended abstract, structure of the text and referencing (in the text and in the list). Manuscripts that are outside the scope of the journal, that are written in poor English, that fail to present current data, or do not comply with the Guidelines will be returned to the authors without a review. Therefore, dear potential authors, before sending your paper, please be sure that you have met the set requirements.

We are looking forward to meeting you in Opatija!