

The only way to discover the limits of the possible is to go beyond them into the impossible. (Arthur C. Clarke)

Dear reader,

Together with holidays that announce New 2011 year, finished fourth year of journal *Acta Kinesiologica* publishing too. This one, eight issue in line confirms that with systematic work and with honest approach it is possible to seriously write many nice pages of such micro-history. That was, in greatest degree done by authors of contributions. This time, we have to thank them again, as well as to decent referees. As Arthur Clarke would maybe say, for all of us, this was, it is, and remains a pathway that leads to unknown. On that pathway there are no firm signposts, as well as no final solutions. But, there are a number of brightly people and we are so proud that we can their creations approximate to world seeing. This time again, *Acta* became shop-window with congested ledges. In methodological sense it is possible to find thinking about classification of motor activities, movement structure in karate, about reliability of coordination tests, and especially about process identification as precondition for future sport science development. In biomedical and psychology domain we can offer articles about isokinetics of lower extremities and anxiety of karate coaches. Educational block contains elaboration of athletics appliance for student's strength development and about influence of some abilities on swimming result. Management covers organization of leisure-time inside sanction sociological sub-system. Recreation is presented with nice reflection of possible role of dance and with aerobic exercise of obese women. Finally, sports papers discusses kinematic parameters of jump-shot in handball, endurance of soccer players, brilliant presentation of structure of situational efficiency players and teams, fitness profile of young basketball players, influences on swimming results and analysis of some constitutional parameters on athletics shot put. Thank you all once more for your support, we really engage our efforts to satisfy your expectations. Although, in this issue preparation, we passed through some unexpected technical difficulties, finally we are very extremely proud with its quality. We believe you will be proud too. On behalf of journal management I want to wish you many productive creative years.

Editor-in-Chief
Asst.Prof.Žarko Bilić, PhD

Jedini način da se istraže granice mogućeg je da se ide preko njih u nemoguće. (Arthur C. Clarke)

Dragi čitatelju,

Zajedno s blagdanskim danima koji najavljuju Novu 2011. godinu završava i četvrta godina publiciranja časopisa *Acta Kinesiologica*. Ovaj, osmi svezak po redu, potvrđuje da se sustavnim radom i poštenim pristupom može mnogo lijepih stranica jedne mikro povijesti ozbiljno ispisati. To su naravno, u najvećoj mjeri izvršili autori priloga dostavljajući sjajne članke. I ovaj put im moramo zahvaliti, baš kao i uvijek korektnim recenzentima. Kao što je i rekao Arthur Clarke, za sve nas je ovo bila, jeste i ostaje staza koja vodi u nepoznato. Na toj stazi nema čvrstih putokaza, baš kao ni gotovih rješenja. Ali ima sjajnih ljudi i ponosni smo što njihova djela pomožemo približiti svjetskim viđenjima. I ovaj put *Acta* postaje izlog s prepunim policama. U metodološkom smislu moguće je pronaći promišljanje o klasifikaciji motoričkih aktivnosti, strukturi gibanja u karateu, pouzdanosti Myotesta, metrijskim karakteristikama testova koordinacije i posebno, o identifikaciji procesa kao preduvjetu daljnjeg razvoja sportske znanosti. U domeni biomedicine i psihologije ponuđeni su članci o izokineticima donjih ekstremiteta i anksioznosti karate trenera. Edukacijski blok sadrži promišljanja o primjeni atletike za razvoj snage studenata i o utjecaju nekih sposobnosti na plivački rezultat. Menadžment se bavi organizacijom slobodnog vremena unutar sankcijskog sustava. Rekreacija je zastupljena lijepim prikazom moguće uloge plesa i aerobnim vježbanjem gojaznih osoba. Konačno, prilozi iz sporta bave se kinematičkim parametrima skok-šuta u rukometu, izdržljivošću nogometaša, sjajnim prikazom strukture situacijske učinkovitosti sportaša i momčadi, fitness profilom mladih košarkaša, utjecajima na rezultat u plivanju i analizom nekih parametara konstitucije u bacanju kugle. Još jednom hvala svima koji nas podržavaju, zaista se trudimo opravdati visoka očekivanja. Iako je bilo dosta tehničkih, donekle neočekivanih, problema u pripremi ovog broja, na kraju smo iznimno ponosni njegovom kvalitetom. Vjerujemo da ćete biti i vi. U ime menadžmenta časopisa želim vam svima još mnoge plodne stvaralačke godine.

Glavni urednik
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