



Content

❖ SPORT AND PERFORMANCE

GÜLİN FINDIKOĞLU¹, UTKU ALEMDAROĞLU², YUSUF KÖKLÜ², FATMA ÜNVER KOÇAK², A.EMRE EROL²

¹Pamukkale University Physical Therapy and Rehabilitation, Denizli, TURKEY

²Pamukkale University *School Of Sport Science and Technology*, Denizli, TURKEY

ISOKINETIC ANALYSIS OF HAMSTRINGS AND QUADRICEPS MUSCLES IN TURKISH SECOND DIVISION BASKETBALL PLAYERS / p. 5

HAMAMIOĞLU ÖZGÜR¹, EVRİM ÇAKMAKÇI¹

¹Selçuk University, Higher School of Physical Education and Sports, Konya/TURKEY

EXAMINATION OF ADOLESCENTS' RESPONSES TO THE BASIC BASKETBALL TRAINING / p. 7

MÂRZA-DĂNILĂ DĂNUȚ-NICU, VOINEA NICOLAE-LUCIAN

Faculty of Movement, Sports and Health Sciences, University „Vasile Alecsandri” of Bacau, ROMANIA

A COMPARATIVE STUDY REGARDING THE EFFICIENCY OF GAME RELATIONS IN ATTACK AT THE WOMEN'S VOLLEYBALL TEAMS / p. 11

PRASANNA BALAJI

Physical Education M.A.M College of Engineering and Technology Trichy Tamilnadu, INDIA

THE IMPACT OF HATHA YOGA PRACTICES AND SURYA NAMASKAR FOR DEVELOPING WOMEN PHYSIOLOGICAL PARAMETERS / p. 16

SEVİM¹ OLGA, YAPRAK KALEMOĞLU²

¹Gazi University, School of Physical Education and Sports, Ankara, TURKEY

COACHING QUALIFICATIONS OF THE COACHES IN TURKISH WOMEN'S BASKETBALL FIRST LEAGUE / p. 19

TAŞKIN¹ HALİL, METİN KAYA², MEHMET KOÇAK², NURTEKİN ERKMEN¹, DEDE BAŞTÜRK³

¹School of Physical Education and Sport, Selçuk University, Konya/TURKEY

²School of Physical Education and Sport, Gazi University, Ankara/TURKEY

³School of Physical Education and Sport, Ahi Evran University, Kırşehir/TURKEY

THE EVALUATION OF BODY-BALL COORDINATION FOR PROFESSIONAL SOCCER PLAYERS / p. 25

TASGIN OZDEN¹, LOK SEFA²

¹Karamanoglu Mehmet Bey University Physical Education and Sport Academy, Karaman, TURKEY

²Selcuk University Physical Education and Sport Academy, Konya, TURKEY

ANALYSIS OF THE ELITE SPORTS MEN'S LIFE QUALITY IN DIFFERENT SPORTS BRANCHES / p. 30

ZAFER ÇİMEN

School of Physical Education and Sport, Gazi University, Ankara, TURKEY

PERCEPTIONS OF PROFESSIONAL FOOTBALL PLAYERS ON SOME CODES OF ETHICS IN TURKISH SPORT MEDIA / p. 34

ŽIVANOVIĆ NENAD¹, PHD, ĆOSIĆ VLADAN², PHD, PALIĆ RASTKO¹, ĆIRIĆ MOMIR¹, ANDRAŠIĆ SLOBODAN³, POPOVIĆ MILOŠ⁴

¹University of Niš, Faculty of Sport and Physical Education, SERBIA

²Centar of Medical Biochemistry, Clinical center, SERBIA

³University of Novi Sad, Faculty of Economics in Subotica, SERBIA

⁴University of Priština, Faculty of Sports and Physical Education, SERBIA

ACTIVITY OF SUPEROXIDE DISMUTASE DURING ACUTE EXERCISE IN ATHLETES / p. 38



❖ PHYSICAL EDUCATION AND SPORT

ASGAR SHAHR.ESFANGREH¹, MOHAMMAD ALI AZARBAIJANI², BAHLOUL HABIBI³

¹Islamic Azad university of Ahar, IRAN

²Islamic Azad University of central Tehran, IRAN

³Pharmaceutics collage, Tabriz University of Medical Science, IRAN

EFFECTS OF MENTHA PIPERITA INHALATION ON SOME FACTORS OF PHYSICAL AND MOVEMENT PERFORMANCE OF MALE ATHLETES STUDENTS / p. 40

ENOIU RĂZVAN SANDU, ENOIU ROXANA, MOLDOVAN ELENA, CIOROIU SILVIU GABRIEL

Faculty of Physical Education and Sport, Transilvania University of Brasov, ROMANIA

AQUA SYSTEM – EFFICIENT METHOD OF DEVELOPING THE PHYSICAL EDUCATION CLASSES FOR GIRL STUDENTS / p. 43

KADİR PEPE¹, BOZKURT İBRAHİM²

¹Mehmet Akif Ersoy University, Education Faculty Physical Education and Sports Teaching Department, Burdur/TURKEY,

²Lector Dr. Selçuk University, Higher School of Physical Education and Sports, Konya /TURKEY

RESEARCH FOR DETERMINING ON WHAT LEVEL PHYSICAL EDUCATION AND SPORT LESSON, CARRIED OUT IN ELEMANTERY SCHOOLS, REACHES ITS AIMS / p. 48

LOK SEFA¹, TASGIN ERDAL^{2*}, BASTUG GULSUM¹

¹Selçuk University Physical Education and Sports Academy, Konya-TURKEY

²Selçuk University Health of Science Institute Konya-TURKEY

COMPARISION OF UNIVERSITY STUDENTS AGANIST TO ANATOMY LESSON / p. 59

MARTÍNEZ DÍAZ C. INMACULADA¹, CARRASCO PÁEZ LUÍS¹, SAÑUDO CORRALES BORJA¹, DE HOYO MOISÉS LORA¹, OCHIANA GABRIELA².

¹Department of Physical Education and Sport. University of Seville. SPAIN

²Faculty of Sport, Movement and Health Science. University “Vasile Alecsandri” of Bacau, ROMANIA

CARDIOVASCULAR RISK FACTORS, CALORIC INTAKE AND PRACTICE OF PHYSICAL ACTIVITY IN COLLEGE STUDENTS. A PRELIMINARY STUDY. / p. 62

MOLDOVAN ELENA, ENOIU ROXANA, ENOIU RĂZVAN SANDU, CIOROIU SILVIU GABRIEL,

Faculty of Physical Education and Sport, Transylvania University of Brasov, ROMANIA

NON-FORMAL EDUCATION - THE CORE DIMENSION OF THE INSTRUCTIVE AND EDUCATIVE PROCESS / p. 66

RIZESCU CONSTANTIN¹, GHERVAN PETRU², BAȘTUREA EUGEN³, GEORGESCU ADRIAN¹

¹Faculty of Physical Education and Sport, University OVIDIUS Constanța, ROMANIA

²Faculty of Physical Education and Sport, University ȘTEFAN CEL MARE Suceava, ROMANIA

³Faculty of Physical Education and Sport, University DUNĂREA DE JOS Galați, ROMANIA

DYNAMIC AND PREPARATORY GAMES, EFFECTIVE MEANS OF TEACHING HANDBALL AT THE 5th GRADE / p. 71

❖ KINETOTHERAPY

DAN DOCU-AXELERAD¹, ANY DOCU-AXELERAD², A. NISCOVEANU³

¹University “Ovidius”Constanta,Sports and Physical EducationFaculty, ROMANIA

²University”Ovidius”Constanta, Generale Medicine Faculty, ROMANIA

³Neurology Clinic, Constanta County Emergency Hospital , ROMANIA

ROLE OF KYNETOTHERAPY IN ACUTE HEMORRHAGIC STROKE / p. 74

LUMINIȚA GEORGESCU¹, NECȘOI IOANA-CRISTINA¹



¹University of Pitesti , Kinesitherapy, ROMANIA

OPTIMIZING HEALTH STATUS IN AEROBIC GYMNASICS / p. 78

STRATON ALEXANDRU, PhD¹, GIDU DIANA, PhD¹

¹ Ovidius University of Constanta, Faculty of Physical Education and Sport, ROMANIA

STRENGTH AND MYOELECTRIC ACTIVITY OF VARIOUS MUSCLES IN RELATION TO THE VARIOUS MOVEMENTS PERFORMED AT THE LEVEL OF THE SPINE – A LITERATURE REVIEW / p. 81

❖ SPORT AND HEALTH

ARSLANOĞLU ERKAL¹, CANSEL ARSLANOĞLU¹, BEHDARI REZA², ÖMER ŞENEL¹

¹ Gazi University, School of Physical Education and Sports, Ankara, TURKEY

² Academic staff member of Islamic Azad University-East Tehran Branch-Gyamdasht-Tehran, IRAN

EFFECTS OF EIGHT WEEKS PILATES EXERCISES ON BODY COMPOSITION OF MIDDLE AGED SEDENTARY WOMEN / p. 86

CIEŚLA ELŻBIETA¹, MARKOWSKA MALGORZATA², ZAWADZKA BOŻENA³,

¹ Faculty of Health Sciences, Jan Kochanowski University of Humanities and Sciences, Kielce, POLAND

² Faculty of Physiotherapy, Kielce, POLAND

³ Prof. UJK, Department of Pedagogy and Art, Jan Kochanowski University of Humanities and Sciences, Kielce, POLAND

MOTOR COMPETENCES OF CHILDREN AT THE AGE OF SIX AS THE BASIS FOR MOTOR EDUCATION ACCOMPLISHMENT WITHIN INTEGRATED EDUCATION / p. 89

ENGİZN GEZER¹, EVRİM ÇAKMAKÇI²

¹ Mustafa Kemal University, Higher School of Physical Education and Sports, Hatay/TURKEY

² Selçuk University, Higher School of Physical Education and Sports, Konya/TURKEY

THE EFFECT OF 8 WEEKS STEP-AEROBIC EXERCISE PROGRAM ON BODY COMPOSITION AND QUALITY OF LIFE OF SEDANTERY WOMEN / p. 97

HABIBZADEH NASIM

University of Guilan, Rasht, IRAN

EFFECT OF MODERATE WALKING EXERCISE ON BODY WATER IN SEDENTARY OBESE AND THIN WOMEN / p. 101

NAFAA NASHWA¹, ELTANAHI NAGLA²

¹ Prof .Dr. Department of Exercises, The faculty of Physical Education, Zagazig University, EGYPT

² Dr., Department of Combat Sports, The faculty of Physical Education, Zagazig University, EGYPT

EFFECT OF CARDIO KARATE ON SOME OF TENSION AND PSYCHOLOGICAL SECURITY INDICATIONS AND ITS RELATIONSHIP WITH THE ASPIRATION LEVEL TO THE ORPHANS / p. 104

DIMITAR EVGENIEV OBRESHKOV¹, ANNA BOZHKOVA², ISKRA STEFANOVA ILIEVA¹

¹ Ruse University “Angel Kanchev”, Faculty of Public Health, Department of Physical Education and Sport, 7017 Ruse, 8 Studentska st. Republic of BULGARIA

² Medical University – Sofia, DLTSS

STATE AND DYNAMICS OF THE SOMATIC TYPES INDEXES AND THE FATTY TISSUE FOR WOMEN, PRACTISING STRENGTH EXERCISES WITH WEIGHTS / p. 112

RAJIV GULATI, ABISHEK SHARMA

MMHossain, PNSingh, Najmul Islam Department of Physiology and Biochemistry, JNMedical College, AMU, INDIA

PHYSICAL AND MENTAL FITNESS IN SPORTS PERSON-ROLE OF YOGA-FITNESS PRESCRIBE IN ANCIENT BOOKS / p. 120



❖ VARIA

DAMIAN MIRELA, TATIANA DOBRESCU, CRETU MARIAN

“Ovidius” University of Constanța, Faculty of Physical Education and Sport, ROMANIA

THE INCREASE OF THE EFFICIENCY OF THE PHYSICAL EDUCATION CLASSES BY USING MEANS SPECIFIC TO CHEERLEADERS TEAMS AT V GRADES / p. 126

GÜRBÜZ BÜLENT¹, SELMAN ÖZDEMİR A.², HALİL SAROL², SUAT KARAKÜÇÜK²

¹School of Physical Education and Sports, Ahi Evran University, Kırşehir, TURKEY

²School of Physical Education and Sports, Gazi University, Ankara, TURKEY

COMPARISON OF RECREATIONAL BEHAVIOURS OF INDIVIDUALS WITH REGARD TO DEMOGRAPHIC VARIABLES / p. 132

MIRCIOAGĂ ELENA-DOINA,

“Victor Babes” University of Medicine and Pharmacy Timisoara, ROMANIA

ASPECTS REGARDING MUSCULO-SKELETAL TRAUMAS IN COMPETITIVE ATHLETES AND FOOTBALL PLAYERS / p. 136

RAKESH TOMAR¹, NEELIMA SINGH²

¹Department of Physical Education, King Fahd University of Petroleum and Minerals, SAUDI ARABIA

²Mahila Mahavidyalaya, Shahanjhapur, UP, INDIA

EFFECT OF UJJAYI PRANAYAMA ON SELECTED PHYSIOLOGICAL VARIABLES / p. 140