

## Contents

Marta Kinga Labecka		
CHANGES IN BODY POSTURE PARAMETERS: A FOUR-YEAR FOLLOW-UP STUDY		5
Akram Amaghani, Bahram Jamali Gharakhanlou, Ali Zarghami Khamneh, Nima Radkha		
COMBINED EFFECTS OF CAFFEINE AND AEROBIC EXERCISE ON LEPTIN LEVELS AND SOME INDICES OF INSULIN RESISTANCE IN DIABETICS		15
Tarass Ivaščenko, Jelizaveta Ivaščenko		
EFFECTS OF SENSOMOTOR COMMUNICATION SYSTEM BASED EXERCISES ON STATIC BALANCE AND SELF-ESTEEM IN 7-12 YEARS OLD KARATE PUPILS		27
Jarosław Muracki, Maria Zadarko-Domaradzka, Emilian Zadarko, Małgorzata Smoter, Ana Filipa Silva, Ewa Kruszyńska		
MENTAL STATE AND MOTIVATION TO PHYSICAL EXERCISE IN UNIVERSITY STUDENTS DURING COVID-19 PANDEMIC IN POLAND		39
Sumit Raghav, Anshika Singh, Suresh Mani, Anirudh Srivastava, Mukul Kumar		
EFFECTS OF INTEGRATED THERAPEUTIC EXERCISES ON PAIN AND DISABILITY IN MEDIAL KNEE OSTEOARTHRITIS		55
Evangelos Bekris, Aristotelis Gioldasis, Emmanouil Zacharakis, Konstantinos Noutsos, Panagiotis Meletakos, Athanasia Smirniotou		
ASSESSMENT OF CHANGE OF DIRECTION AND AGILITY. RUNNING AND DRIBBLING AMONG SOCCER, BASKETBALL AND HANDBALL PLAYERS: THE CONCEPT OF "AGILITY DEFICIT"		63
Ewa Polak, Adrianna Gardzińska, Katarzyna Walicka-Cupryś		
THE SHAPE OF THE SAGITTAL CURVATURES OF THE SPINE IN A HIGH-LEVEL ACROBATIC GYMNASTS – COMPARISON BY SEX		79
Viktor Simanjuntak, Edi Setiawan, Novi Yanti, Lalu Moh Yudha Isnaini, Mashuri Eko Winarno		
VIRTUAL-BASED AQUATIC PLYOMETRIC TRAINING: HOW IT IMPACTS LOWER EXTREMITY MUSCLE STRENGTH?		95