## Central European Journal of Sport Sciences and Medicine

a quarterly journal



## **Contents**

Yoav Meckel, N	Mahmood Sindiani, Sigal Ben Zaken, Alon Eliakim	
	ES IN AEROBIC AND ANAEROBIC PERFORMANCE CAPABILITIES VING DIFFERENT INTERVAL-TRAINING PROGRAMS	5
Joanna Kantyk	a, Damian Herman, Robert Roczniok	
	OF AQUA AEROBICS ON SELECTED SOMATIC, PHYSIOLOGICAL ROBIC CAPACITY PARAMETERS IN POSTMENOPAUSAL WOMEN	13
	wska-Banaszak, Hanna Tchórzewska-Korba, Magdalena Gębska, Katarzyna Weber-Nowakowska, nicka, Kuba Żyżniewski	
	SESSMENT OF THE OCCURRENCE OF BENIGN HYPERMOBILITY JOINT SYNDROME SIOTHERAPY STUDENTS	23
Paula Musiał, I	Monika Michalik, Ewelina Nowak, Justyna Szefler-Derela	
	FLUENCE OF THE 6-MONTH COURSE OF NORDIC WALKING ON PATIENT ARKINSON'S DISEASE – A CASE REPORT	31
Andrea Visiedo	o, Jillian E. Frideres, José M. Palao	
	I, VALIDATION, AND RELIABILITY OF SURVEY SURE KNOWLEDGE OF NUTRITION, WEIGHT CONTROL AND ITS RISKS	39
Anna Świtoń, A	Agnieszka Wnuk, Jacek Szumlański, Natalia Wogórka	
	SMENT OF THE PROGRESS OF TREATMENT REHABILITATION OF PATIENTS HOULDER JOINT DISEASES	53
Marzena Grzy	powska, Wojciech J. Cynarski, Grzegorz Błażejewski	
	ERACTING SOCIAL EXCLUSION OF PEOPLE WITH MOTOR DYSFUNCTIONS THROUGH PHYSICAL RE – OPINIONS OF PEOPLE WITH AND WITHOUT PHYSICAL DISABILITIES	61
Łukasz Tota, V	/anda Pilch, Anna Piotrowska, Tomasz Pałka, Paweł Pilch	
AND CA	FECT OF 12-WEEK-LONG NORDIC WALKING EXERCISE ON BODY COMPOSITION, CHANGES IN LIPID ARBOHYDRATE METABOLISM INDICES, CONCENTRATION OF SELECTED ADIPOKINES ALCIDIOL IN HEALTHY MIDDLE-AGED WOMEN	69
Roksana Wójc	ik, Bartosz Trybulec	
OCCUR	RENCE AND INTENSITY OF SPINAL PAIN IN MOTORCYCLISTS DEPENDING ON MOTORCYCLE TYPE	81

Paweł Eider, Krzysztof Wilk, Michał Tarnowski, Robert Terczyński	
CHANGES IN MOTOR SKILLS OF CHILDREN WHO TRAIN SPORTS SWIMMING AT THE INITIAL STAGE OF SCHOOL EDUCATION (IN AN ANNUAL TRAINING CYCLE)	93
Dariusz Mroczek, Edward Superlak, Tomasz Seweryniak, Krzysztof Maćkała, Marek Konefał, Paweł Chmura, Dorota Borzucka, Zbigniew Rektor, Jan Chmura	
THE EFFECTS OF A SIX-WEEK PLYOMETRIC TRAINING PROGRAM ON THE STIFFNESS OF ANTERIOR AND POSTERIOR MUSCLES OF THE LOWER LEG IN MALE VOLLEYBALL PLAYERS	107