



Editor-in-Chief Prof. Branimir Mikić, Ph.D

***"It isn't hard to be good from time to time in sports.  
What's tough is being good every day"***

*Willie Mays*

Dear readers,

It's been six months since the last number issued, and this time we have done much to promote and increase the quality of the journal. As always we are trying to make yours and our journal "Sport Scientific And Practical Aspects" to be better and more quality. We appreciate it new members of the international editorial board from Germany, Singapore and New Zealand for helping us with their suggestions and ideas, as well as all reviewers whose help were extremely important.

We are so happy to inform you that the journal has been included in three international journal bases: ProQuest (Physical Education Index), DOAJ (Directory of Open Access Journals) and Open Journal Gate, which index big number of reviewed and none reviewed journals. In this way the journal gets more referent and your published articles will be available to the public around the world.

In this issue, as well as in previous issues, you can find excellent articles from different fields of kinesiology and related scientific disciplines. There are articles that treat human genetics and sport performance, sports nutrition, conditioning training, sport psychology, sport marketing, basketball, football... There are eleven original scientific papers and two professional papers.

With great happiness we open this issue with a brilliant article written by colleagues from United Kingdom, who investigated association between polymorphisms of  $\alpha$ -actinin-3 (ACTN3) and vitamin D receptor (VDR) genes, and the skeletal muscle phenotypes. Also, there are interesting papers that come from Slovakia, the first evaluates acute and adaptive changes in accuracy of visual feedback control of body position during task-oriented sensorimotor exercise, and the second clarifies problems of the perception of sexual activity by long-distance athletes before physical loading. Colleagues from Iran made effort to make clear problem of caffeine consumption on the non-aerobic power, the fatigue index and the blood lactate levels in the male athlete students.

We hope that everybody will find some interesting and useful article for himself, as well as we look forward to see more and more excellent articles. We heartily invite you to send us your articles and in that way to actively participate in the journal creation.

Best wishes from Tuzla, Bosnia and Herzegovina!

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***"Nije teško biti dobar s vremena na vrijeme u sportu.  
Teško je biti dobar svaki dan"***

*Willie Mays*

Dragi čitaoci,

Prošlo je šest mjeseci od posljednjeg izdatog broja, a za to vrijeme smo uradili puno toga na promociji i podizanju kvaliteta časopisa. Kao i uvijek trudimo se da vaš i naš časopis „Sport-naučni i praktični aspekti“ bude iz svakog broja još bolji i kvalitetniji. Tu su nam svakako, svojim sugestijama i idejama, pomogli i novi članovi međunarodnog uredništva iz Njemačke, Singapura i Novog Zelanda, kao i recenzenti bez kojih ovo izdanje ne bi ugledalo svjetlost dana.

Radost nam je upoznati vas da je časopis uvršten u još tri međunarodne baze časopisa ProQuest (Physical Education Index), DOAJ (Directory of Open Access Journals) i Open Journal Gate koje indeksiraju veliki broj recenziranih i nerecenziranih časopisa. Na ovaj način časopis dobija na referentnosti, a vaši objavljeni radovi će biti još dostupniji javnosti širom svijeta.

U ovom broju kao i u prethodnim izdanjima možete pronaći odlične radove iz različitih oblasti kineziologije i srodnih naučnih disciplina. Tu su radovi koji tretiraju genetiku i sportsku izvedbu, sportski trening, psihologiju sporta, sportski marketing, košarku, nogomet... Ovo izdanje sadrži jedanaest originalnih naučnih radova i dva stručna rada.

Posebno nam je zadovoljstvo što ovaj broj možemo otvoriti sjajnim radom kolega iz Velike Britanije, a koji se bavi vezom između polimorfizma  $\alpha$ -actinina-3 (ACTN3) i gena receptora vitamina D (VDR) sa jedne strane i skeletnomišičnog fenotipa sa druge strane. Također, tu je zanimljiv rad kolega iz Slovačke kojim se istražuju akutne i adaptivne promjene u preciznosti povratne informacije o kontroli položaja tijela za vrijeme vježbi orjentisanih na sensoromotorne zadatke, kao i rad koji rasvjetljava uticaj seksualnih aktivnosti sportista dugoprugaša na izdržljivost i sportske performanse. Kolege iz Irana potrudile su se da nam rasvijetle problem uticaja konzumacije kafeina na parametre anaerobne izdržljivosti studenata sportista.

Nadamo se da će svako od vas naći neki interesantan i koristan članak, kao i da će u narednim brojevima biti sve više ovako dobrih radova. Pozivamo vas da i dalje šaljete vaše radove i da na taj način aktivno učestvujete u njegovom kreiranju.

Srdačan pozdrav do idućeg broja!