

# 5<sup>th</sup> INTERNATIONAL SCIENTIFIC CONFERENCE ON KINESIOLOGY

“KINESIOLOGY RESEARCH TRENDS AND APPLICATIONS”

September 10 - 14, 2008  
Faculty of Kinesiology, Zagreb, Croatia



## ANNOUNCEMENT & CALL FOR PAPERS

Organiser:

Faculty of Kinesiology, University of Zagreb, Croatia

Under the patronage of:

Croatian Academy of Sciences and Arts, Croatia



In cooperation with:  
Faculty of Sport, University of Ljubljana, Slovenia  
Faculty of Sport and Physical Culture,  
University of Sarajevo, Bosnia and Herzegovina



# Welcome

## WELCOME TO ZAGREB, CROATIA, TO THE 5<sup>TH</sup> CONFERENCE ON KINESIOLOGY

Dear Friends and Colleagues,

On behalf of the host, the Faculty of Kinesiology, University of Zagreb, Croatia, and the Conference Organising and Scientific Programme Committee, with great pleasure we announce the upcoming 5th International Scientific Conference on Kinesiology to be held in Zagreb, Croatia, on 10-14 September, 2008, under the auspices of the Croatian Academy of Sciences and Arts.

For the second time the Conference will be organised internationally - in cooperation with our colleagues from the Faculty of Sport, University of Ljubljana, Slovenia, and from the Faculty of Physical Education and Sport, University of Sarajevo, Bosnia and Herzegovina. This time we have moved to the Croatian capital and most of the Conference work will take place at the Faculty of Kinesiology, in its lecture halls and rooms. The rationale was the intention to make better accessibility of the Conference to as wide a range of participants as possible, especially to young researchers and post-graduate doctoral and postdoctoral students, as well as to scholars from the neighbouring countries. We sincerely hope that the city of Zagreb, with its historical and cultural wealth, and its picturesque surroundings, will be attractive enough for you to visit us and attend the Conference.

The interdisciplinary approach to diverse kinesiological or sport science issues is and will be nurtured onwards. The principal aim of the Conference is to provide an environment in which participants will experience the cutting edge of research and practise through a range of modalities in the scientific programme, which will include plenary sessions and invited symposia with internationally recognised speakers who will address key topics. Participants are expected to take part in podium (oral) and poster presentations, in round-table discussions and in "juniors meet seniors" sessions.

It is our wish to bring together researchers and practitioners to explore where we have come from, to arrive at what we call either **kinesiology** or **sport science** today. Namely, despite a vast number of empirical data and research findings, many unexplained issues remain in the very complex multidisciplinary field of research interests. We hope our 5<sup>th</sup> forum will incite new investigations into theoretical and applied kinesiology, and influence integrated practice in all kinds of sport, physical education, sports recreation, kinesitherapy and other health-related activities as well.

Workshops, exhibitions and a joint meeting of the international Editorial and Advisory Board of the journal **Kinesiology** are planned in addition to the scientific programme. The social program and less formal events will not be forgotten either.

Hoping the Conference will become a place not only for scientific discussion, but also for friendly contacts, we cordially invite you to attend.

Looking forward to meeting you at the Conference in Zagreb, Croatia, in September 2008.

Dinko Vuleta  
Dean of the  
**Faculty of Kinesiology**

Dragan Milanović  
Chairperson of the  
**Organising Committee**

Franjo Prot  
Chairperson of the  
**Scientific Committee**

**Under the auspices of the  
CROATIAN ACADEMY  
OF SCIENCES AND ARTS**

## About the Conference

### AIM

To provide a forum for the latest research, theoretical and applicative insights, findings and experiences from the vast field of kinesiology, the science of human movement and exercise. A presentation of the latest information is expected from the basic principles to practical applications, especially reports on new scientific breakthroughs such as the human genome investigations, application of new technologies, revised educational concepts and, above all, the urgent need to find more effective and appealing ways of health preservation and well-being enhancement by means of sport and exercise against the ever increasing deteriorating influence of sedentariness and the aggressive hectic modern way of living.

### PARTICIPANTS

Kinesiologists (or sport scientists) – from academicians, researchers, lecturers to practitioners, like PE teachers, coaches, physicians (esp. specialists of sports medicine), physiotherapists and others, as well as postgraduate students and experts from cognate and adjacent scientific fields from all over the world. Policy makers, media representatives and service providers in sport and exercise are welcome as well. The presentation of the latest information is expected in podium and poster presentations. Each author is free to take approach he/she wants within the scope of the announced Conference topics.

Contributors who will be younger of 33 years of age in 2008 have the opportunity to participate in the Miloš Mraković Young Researchers Award contest.

## Organising Committee

### Chairman:

**Dragan Milanović,**

Faculty of Kinesiology University of Zagreb, Croatia

### Secretary:

**Natalija Babić,**

Faculty of Kinesiology University of Zagreb, Croatia

### Members:

**Dinko Vuleta,** Dean, Faculty of Kinesiology,  
University of Zagreb, Croatia

**Izet Rađo,** Dean, Faculty of Sport and PE, University of  
Sarajevo, Bosnia and Herzegovina

**Milan Žvan,** Dean, Faculty of Sport, University of  
Ljubljana, Slovenia

**Zrinko Čustonja,** Zagreb, Croatia

**Dražan Dizdar,** Zagreb, Croatia

**Stjepan Heimer,** Zagreb, Croatia

**Željka Jaklinovć-Fressl,** Zagreb, Croatia

**Igor Jukić,** Zagreb, Croatia

**Danijel Jurakić,** Zagreb, Croatia

**Drago Kalajžić,** Zagreb, Croatia

**Midhat Mekić,** Sarajevo, Bosnia and Herzegovina

**Franjo Prot,** Zagreb, Croatia

**Srećko Sertić,** Zagreb, Croatia

**Munir Talović,** Sarajevo, Bosnia and Herzegovina

## Conference Office:

**5<sup>th</sup> Conference on Kinesiology**  
**Faculty of Kinesiology University of Zagreb**  
**Horvaćanski zavoj 15, 10000 Zagreb**  
**CROATIA**

Scientific Programme Committee Secretary:

**Goran Sporiš**

**E-mail: goran.sporis@kif.hr**

Phone: + 385 1 36 58 656

Organisation Committee Secretary:

**Natalija Babić**

**E-mail: natalija.babic@kif.hr**

Phone: + 385 1 36 58 630; + 385 1 36 58 637;  
+ 385 1 36 58 645

**Fax: + 385 1 36 34 146**

**www.kif.hr**

## Scientific committee

### Chairman:

**Franjo Prot**, Zagreb, Croatia

### Secretary:

**Goran Sporiš**, Zagreb, Croatia

### CROATIAN MEMBERS:

**Mirna Andrijašević**, Zagreb, Croatia

**Mato Bartoluci**, Zagreb, Croatia

**Ksenija Bosnar**, Zagreb, Croatia

**Dubravka Ciliga**, Zagreb, Croatia

**Zrinko Čustonja**, Zagreb, Croatia

**Vladimir Findak**, Zagreb, Croatia

**Stjepan Heimer**, Zagreb, Croatia

**Igor Jukić**, Zagreb, Croatia

**Goran Marković**, Zagreb, Croatia

**Branka Matković**, Zagreb, Croatia

**Vladimir Medved**, Zagreb, Croatia

**Dragan Milanović**, Zagreb, Croatia

**Marjeta Mišigoj-Duraković**, Zagreb, Croatia

**Boris Neljak**, Zagreb, Croatia

**Benjamin Perasović**, Zagreb, Croatia

**Vlasta Zanchi**, Split, Croatia

### INTERNATIONAL MEMBERS:

**Branislav Antala**, Bratislava, Slovakia

**Jakob Bednarik**, Ljubljana, Slovenia

**Petr Blahuš**, Prague, Czech Republic

**Giovanni Buccino**, Parma, Italy

**Fiona Bull**, Loughborough, UK

**Milan Čoh**, Ljubljana, Slovenia

**Gudrun Doll-Tepper**, Berlin, Germany

**Mojca Doupona Topič**, Ljubljana, Slovenia

**Marcello Faina**, Rome, Italy

**Jay Hoffman**, New Jersey, USA

**Milan Hosta**, Ljubljana, Slovenia

**Slobodan Jarić**, Newark, DE, USA

**Toivo Jürimäe**, Tartu, Estonia

**Husnija Kajmović**, Sarajevo, Bosnia and Herzegovina

**Mark Latash**, Penn State, USA

**Iñigo Mujika**, Lezama, Spain

**Sergej Ostojić**, Belgrade, Serbia

**Tomaž Pavlin**, Ljubljana, Slovenia

**Pekka Puska**, Helsinki, Finland

**Thomas Reilly**, Liverpool, UK

**Roland Renson**, Leuven, Belgium

**Ross Sanders**, Edinburgh, UK

**Nusret Smajlović**, Sarajevo, Bosnia and Herzegovina

**Claude Sobry**, Lille, France

**Włodzimierz Starosta**, Warsaw, Poland

**Janko Strel**, Ljubljana, Slovenia

**Nejc Šarabon**, Ljubljana, Slovenia

**Jozef Tihanyi**, Budapest, Hungary

**Katarina Tomljenović-Borer**, Ann Arbor, USA

**Matej Tušak**, Ljubljana, Slovenia

**Hana Valkova**, Olomouc, Czech Republic

**Bart Vanreusel**, Leuven, Belgium

**Otmar Weiss**, Vienna, Austria



## Invited speakers (open list):

**Branislav Antala,**

Faculty of PE and Sport, University of Bratislava, Slovakia

**Jakob Bednarik,**

Faculty of Sport, University of Ljubljana, Slovenia

**Petr Blahuš,**

Faculty of PE and Sport, Charles University, Prague, Czech Republic

**Giovanni Buccino,**

Faculty of Medicine and Surgery, University of Parma, Italy

**Fiona Bull,**

National Centre for Physical Activity and Health, School of Sport and Exercise Sciences, Loughborough University, UK

**Milan Čoh,**

Faculty of Sport, University of Ljubljana, Slovenia

**Gudrun Doll-Tepper,**

Institute of Sport Science, ICSSP, Berlin, Germany

**Marcello Faina,**

Institute of Sport Science, CONI, Rome, Italy

**Jay Hoffman,**

Department of Health and Exercise Science, The College of New Jersey, USA

**Slobodan Jarić,**

Department of Health, Nutrition, and Exercise Sciences, University of Delaware, Newark, DE, USA

**Toivo Jürimäe,**

Institute of Sports Pedagogy & Coaching Sciences, Centre of Behavioural and Health Sciences, University of Tartu, Estonia

**Mark Latash,**

Department of Kinesiology, Penn State University, USA

**Iñigo Mujika,**

Department of Research and Development, Athletic Club Bilbao, Lezama, Basque Country, Spain

**Sergej Ostojčić,**

Sports Academy, Department of Sports Medicine, Belgrade, Serbia

**Tomaž Pavlin,**

Faculty of Sport, University of Ljubljana, Slovenia

**Pekka Puska,**

Finnish National Public Health Institute, Helsinki, Finland

**Thomas Reilly,**

Research Institute for Sport and Exercise Sciences, John Moores University, Liverpool, UK

**Roland Renson,**

Research Centre for the History of Sport and Kinesiology, Dept. of Human Kinesiology, Catholic University, Leuven, Belgium

**Ross Sanders,**

Centre for Aquatics Research and Education, University of Edinburgh, UK

**Claude Sobry,**

Faculty of Sport Sciences, University of Lille, France

**Włodzimierz Starosta,** IASK President,

Warsaw, Poland

**Janko Strel,**

Faculty of Sport, University of Ljubljana, Slovenia

**Nejc Šarabon,**

Faculty of Sport, University of Ljubljana, Slovenia

**Joszef Tihanyi,** Semmelweis University, Budapest, Hungary

**Katarina Tomljenović-Borer,**

Department of Movement Science, Division of Kinesiology, University of Michigan, USA

**Matej Tušak,**

Faculty of Sport, University of Ljubljana, Slovenia

**Hana Valkova,**

Faculty of Physical Culture, Palacky University, Olomouc, Czech Republic

**Bart Vanreusel,**

Research Centre for Sociocultural Kinesiology and Sport Management, Dept. of Human Kinesiology, Catholic University, Leuven, Belgium

**Otmar Weiss,**

Institute for Sports Sciences, University of Vienna, Austria

**Vlasta Zanchi,**

Faculty of Electrical Engineering, Mechanical Engineering and Naval Architecture University of Split, Croatia

**Although thematically comprehensive, the Conference will particularly encourage contributions dealing with the following (tentative) topics:**

## **ADAPTED PHYSICAL ACTIVITY AND SPORT FOR THE DISABLED**

Papers are invited on individualized programmes of physical and motor fitness development and on fundamental motor skills and patterns acquisition; modification of objectives, activities and methods to meet unique needs; health-enhanced activities; wellness, sport participation and wellness of persons with special needs; PE and lifelong physical activities aimed at correcting, rehabilitating, or remediation; inclusion, integration, resocialisation; partially adapted sport activities; sport events for the disabled; categories and degrees of disability; competitive and elite sport for the disabled; leisure time sporting activities; APA and mental retardation; APA and sensory disability; APA and physical disability; management in APA; organization in APA; physiological aspect of APA; technological advances in APA; functional classification in competitive sport for the disabled; sexuality and physical activity of the disabled...

## **BIOLOGY AND MEDICINE OF SPORT AND EXERCISE**

Papers are being sought on growth, development, maturation, aging; chronic disease and exercise; body composition; new genetics and molecular biology inferences; physiological responses to exercise and sport; adaptation, overreaching and overtraining; ergometry, testing, diagnostic procedures; fitness; endocrinological and biochemical aspects of sport and exercise; sport cardiology; clinical aspects of exercise and sport engagement; doping and anti-doping control; sport traumatology; post-injury rehabilitation; kinesitherapy; sports immunology; nutrition in sport and exercise ...

## **BIOMECHANICS AND MOTOR CONTROL**

We encourage you to submit papers in a broad range of biomechanical topics, including sports, locomotion, muscle-tendon, injury prevention, neuromechanics, novel instrumentation, orthopaedics, gait analysis, rehabilitation etc. Both modelling and experimental work is encouraged at scales ranging from the single-joint element to the whole body level. Furthermore, the results of both experimental and theoretical modelling research will be accepted from various fields of motor control, such as neurophysiological, biomechanical, psychological, behavioural, and clinical.

## **HISTORY OF SPORT AND THE OLYMPIC MOVEMENT**

Contributions are welcomed on the origins and development of sport in general: national, regional, local ...;

development of certain sport branches – international, national, regional, local; history of sport organizations; national identity and sport; the idea of the Olympic movement - history and the future ...

## **MANAGEMENT OF SPORT**

Sport in all its areas generates numerous direct and indirect economical effects which influence also general national and international social and industry development. Modern sport cannot develop successfully without the aid of economics, entrepreneurship, management and marketing. Therefore, the section-interesting topics will include: sports marketing, sports management, management and organisation of sport at national and international levels; employment opportunities; economical and legal aspects of sport; financial resources in sports; personnel management in the sports organizations; organisation of big sport events; interrelations between sport and tourism; management of sport in tourism ...

## **PHYSICAL CONDITIONING**

Papers on the following topics are expected: strength and power training; aerobic and anaerobic conditioning; development of motor abilities; sport-specific conditioning; periodization of strength training and conditioning; sports performance enhancement; ergogenic aids and performance enhancement; new technologies in physical conditioning; gender differences in physical conditioning and performance; physical conditioning of children and youth; relations between human physical performance and sporting success....

## **PHYSICAL EDUCATION**

PE curricula designs - evaluations and comparisons; programming, implementing and evaluating delivery and effects of PE and exercise intramural programmes at all levels of schooling; talent identification and school career; school and school sports; school and collegiate sports; teaching concepts and techniques; evaluating the teaching process; quality assurance procedures; grading in PE; teaching and performance, education for the lifelong active style of living; research studies on teaching and teachers' training/education...

## **PSYCHOLOGY OF SPORT**

Empirical research studies would be appreciated particularly on sport expertise and performance enhancement; motivational and emotional aspects of engagement in exercise and sport; exercise and sport in mental health; motor control and learning; psychological characteristics of top-level performance; the life-span development in sport; measurement and testing in sport psychology ...

## Young Researcher Award

### RESEARCH METHODOLOGY

Papers are encouraged on concepts of research designs; research issues concerning performance; game theory; time series; expert systems; measurability of kinesiological phenomena and measurements in general; modelling and simulating; kinesiology specific algorithms and programmes as research tools; computational neuroscience; artificial neuron networks; computer science – advantages and disadvantages; new information and communication technologies; research applicability of virtual reality ...

### SOCIOLOGY OF SPORT AND PHILOSOPHY OF SPORT

Contributions are welcome on social determinants of engagement in sport and exercise; violence and aggression; national identity and sport; internationalisation and globalisation of sport; the idea of the Olympic movement - history and future; social integration through sport; mass media and sport; sport and drug abuse; sport and tourism; recreational and competitive aspects of sports ...

Papers are also welcome from any area of philosophy (metaphysics, epistemology, anthropology, ethics, phenomenology, logic, Eastern philosophy, philosophy of body, theory of science, game theory, social and political philosophy of sport, etc.) considering any sphere of physical exercise, sport, or physical culture (physical education, school and collegiate sport, physical recreation, competitive and elite sport.

### SPORT FOR ALL; FITNESS AND HEALTH-RELATED ACTIVITIES

Welcome are papers on leisure, lifestyle and sport; physical activity, fitness and health; physical activity, fitness and quality of life; physical activity, fitness and longevity; principles of prescribing exercise programmes; avoiding risks; sports recreation in urban and rural communities; specificities and preferences for sports recreation in relation to age; strategy of developing SPORT FOR ALL, HEPA, sports recreation urban planning, facilities, sports recreation in tourism ...

### TOP-LEVEL SPORT

Contributions are being sought on abilities, characteristics and motor knowledge (skills) in the light of the brain, genetical and molecular biology findings and inferences; analyses of sports activity; adaptation in sport - sport training programming and control; Olympic results analysis and prognostics; women and top sport; international development programmes and national concepts; over-training prevention; coaching and performance; youth in sport - careers, adherence, talent identification, trainability, specific training methods ...

### MILOŠ MRAKOVIĆ YOUNG RESEARCHER AWARD

The 2008 Conference on Kinesiology has established the Miloš Mraković Young Researcher Award (YRA) to recognize the efforts and accomplishments of young investigators in the various fields of kinesiology / sport science and adjacent scientific fields.

The YRA candidates will present their works within the designated sections as scheduled in the Scientific Programme, either as a podium or a poster presentation.

Three winners (best papers) will be chosen by the Miloš Mraković YRA Committee. They will receive monetary awards and honorary scrolls.

The award ceremony will be held during the Closing Plenary Session.

### Eligibility Requirements

- The award may be assigned to a single author or to a team of authors for the merit of the paper submitted to be included in any of the announced sections of the Conference.
- Candidates are only eligible if they are under or 33 years of age in 2008. No member of the team of authors may be older than 33 years. Do not forget to indicate your age when registering!
- The paper must not have been presented previously at other conferences nor must it have been published in a peer-reviewed journal at the time of presentation.
- A team of authors will share the award among themselves.

### Criteria

Papers of the candidates will be judged using the following criteria:

- Scientific originality of the paper.
- Quality of both the paper and the presentation, either a podium or a poster one.
- Quality of the theoretical and methodological approach.
- Relevance to practice or importance of scientific findings.
- Design and realization of the experiment.

### Application

A candidate may enter the Miloš Mraković Young Researcher Award competition when registering for the 5<sup>th</sup> Conference on Kinesiology by simply answering YES to a question regarding the YRA competition and submitting the paper online.

## INVITATION TO SUBMIT PAPERS

Papers are cordially invited on kinesiological or sport science topics within the announced scope of the Conference.

Participants are invited to submit their papers for either a podium or poster presentation. **The Editing Guidelines are valid generally for any paper submitted** (certain regulations are valid for the invited lectures as well), no matter which presentation form is preferred by the author.

Any submitted paper will be **internationally reviewed** and evaluated in order to decide on its **acceptance, conditional acceptance, or rejection**. Nevertheless, the submitting authors are responsible for the statements and views expressed in their works, as well as for the editing style and quality of language (either British or American English). Only the accepted papers will be included in the Scientific Programme and printed in the Proceedings or published on CD, provided that the submitting author (the first author) has paid the fee.

**Any participant may be the author** (either the first author, or co-author) **of only two papers**.

Any delegate may present two contributions at the Conference, providing he/she is the author or co-author of both papers.

When registering and submitting their papers, the potential participants being younger than the upper age limit of 33 years (turned in 2008) may apply additionally for **the Miloš Mraković Young Researcher Award**.

Papers, carefully edited by the Editing Guidelines stipulations, are expected by March 31, 2008 through the submission tools integrated in the Registration Form. The Conference Office will confirm receipt of the contribution in the form of a letter.

Generally, authors are free to create papers according to their preferences and knowledge, but **the Publishing Manual of APA, 4<sup>th</sup> ed., editing style is recommended** for all contributions, as well as the Harvard reference system. No foot-notes are allowed.

Contributors are stipulated to keep their **papers** within the determined framework of **up to a maximum of 6 pages** (comprising names of authors, title, abstract, key words, body of the text, tables, figures or any other graphical presentations, references). A paper should preferably be divided into the following paragraphs: Introduction, Methods, Results, Discussion and conclusion, References (up to five items only). More on editing in the **Editing Guidelines** and **Instructions for Submission** at [www.kif.hr](http://www.kif.hr).

The authors **ARE OBLIGED to indicate in the Registration Form** both the field (**one of the sections offered**) their paper is related to and **their presentation preference** (either a podium presentation or a poster display). However, the Scientific Committee reserves the right to re-allocate the presentation formats, even sections, if suggested so by the appointed reviewers.

The international Review Commission, appointed by the Scientific Committee, will evaluate the submitted papers and decide upon their acceptance. The Conference Office will inform the authors about their paper's acceptance or rejection, as well as whether any revisions are requested or not. If a **conditional acceptance** is the case, the authors are obliged to comply with the referees' suggestions in the shortest time possible (denoted in the Conference Office accompanying letter).

Please, consider the deadlines for paper submission (March 31, 2008) and for authors to be notified (May 15, 2008), as well as the principle that no contribution will be included in the Proceeding, or on CD in the **case of Conference fee nonpayment** (one fee – one paper).

**POSTERS**, preferably measuring 100 x 70 cm, will be on display during the Conference. They should be structured in the same manner as the integral paper, but **MUST** be easily legible from a distance of at least 2 metres. All issues concerning layout of posters are the responsibility of the authors.

### **Official language: English**

Authors are exclusively responsible for the appropriateness, quality and style of the English language (either British or American) used in their papers.

### **Dates to remember:**

*Paper submission: **March 31, 2008***

*Authors to be notified: **May 15, 2008***

*Accommodation reservation: **June 1, 2008***

*Registration fee payment (contributors): **July 15, 2008***

*Registration fee payment (others): **September 1, 2008***

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**Registration and paper submission exclusively online: [www.kif.hr](http://www.kif.hr)**

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## EDITING GUIDELINES

Participants are invited to submit integral papers, carefully edited, on the topics related to the announced themes (denoted in the **Registration form**). The submitted papers will be peer reviewed by at least two independent international referees. Nevertheless, the authors are responsible for the statements and views expressed in their contributions. For refereeing purposes, all papers must be submitted by March 15, 2008, **via the Conference web site exclusively** (see **Registration form; do not forget to download/print your ID number and password** assigned to you immediately upon the registration).

Unless informed by the author(s) to the contrary, it will be assumed that a paper submitted or any material in the paper has not been published or offered elsewhere and is not the property of any other person or body. It is the author's responsibility to obtain any necessary permission from his/her organisation or from any other person or body that issues permissions for the publication of a paper or any material in the paper. Such permission does not require acknowledgment in the paper.

Only the papers considered by the Scientific Committee to be acceptable both in contents and form, which **conforms to these Guidelines**, and presented in person by an author will be included in the Proceedings, provided that the submitting (the first) author has registered and paid the fee. A maximum of two papers may be submitted and presented by any registered (co-)author. The cost of one copy of the Proceedings is covered by the **Registration fee**.

The authors are solely responsible for the full and proper preparation of the manuscript. The Editor(s) reserve the right to reject any paper(s) which does not conform to the preparation instructions below, or does not meet the deadlines of submission, or revision, or fee payment (notwithstanding its academic merit). The authors are also exclusively responsible for the appropriateness, quality and style of the English language used (either British or American).

**MANUSCRIPT.** The papers, carefully edited and submitted via the Conference website (Registration Form), using Microsoft Word format (versions from 98 onwards), are expected by March 15, 2008. The authors are free to create the papers according to their preferences and knowledge, but the Publishing Manual of APA, 4<sup>th</sup> and/or 5<sup>th</sup> ed., editing style is recommended for all contributions, as well as the Harvard reference system, e.g. the one used in the journal "Kinesiology". No foot-notes are allowed.

**SIZE.** Contributors are stipulated to keep themselves within the framework of up to the **maximum of 6 pages** (including title, authorship, affiliations, abstract, key words, body of the text, tables, figures or any other graphical illustrations, and references). This size stipulation is not applicable to the invited speakers' papers. The "page" here means: A4 size (21 x 29.7 cm; portrait orientation) white bond paper; all four external margins set at 3 cm. Acknowledgments (preferably not) should be positioned at the very end of the manuscript.

**N. B. The pages must be numbered.**

**N. B. No foot-notes are allowed.**

**TYPEFACES:** Times New Roman (TNR), character size 11 in the body of the text, spaced 1.5; Arial Narrow (AN) in tables, character size 10, single-spaced. Justified on both sides of the text.

**HEADINGS.** Print the TITLE of the paper in capital letters (TNR, 14 pts, bold, spaced 1.5), centred; a single blank line follows, then come the full names of the author(s) (TNR, 11pts, bold, current; full first and family names, middle name abbreviated to an initial), separated by commas; introduce the last complete name by "and". Underline the presenter. No blank-line-separation between author(s) and affiliation(s). Relate each author to the respective institution(s) by an identification number in the superscript. Institutions should be introduced by their identification number, the name of the institution, City, Country. Institutions should be separated by semicolons. The identification number is redundant if all the authors are affiliated with the same institution. A single blank line should separate the affiliation(s) from the Abstract.

Please, omit any university degrees and positions, titles, streets, etc. These data should be presented in the Registration Form.

**ORGANISATION OF THE PAPER.** Each paper should consist of a heading, abstract, key words (up to six which have not already been mentioned in the title of the contribution) and the body of the text. Use *italics* to *highlight* any key words within the text, if necessary.

**Abstract.** The body of Abstract (TNR, 11 pts, current) should be justified on both sides of the text, consisting of a single paragraph only. Together with the title and all key words, the **Abstract must not exceed 1,000** characters with spaces.

The **body of the text** should be divided into sections with **Subtitles** (TNR, 11pts, bold, current, justified on the left, preceded by one blank line), for the experimental studies: **Introduction, Methods, Results, Discussion and conclusions, References** (in the text, the references should include the family names of the authors and the year of publication; when three and more authors are referred to, introduce the first author and use the abbreviation "et al."; at the end the contribution, the references should be listed alphabetically; up to five).

**Please, do not number the sections or subsections.**

**THE PROCEEDING IS PRINTED IN BLACK AND WHITE! NO COLOURED ILLUSTRATIONS ARE ALLOWED.**

**TABLES, GRAPHS AND FIGURES.** Black and White illustrations should be incorporated in the body of the text. **Tables** (Arial Narrow, 10 pts; referred in the text as Table and numbered consecutively with Arabic numerals in a single series).

Please, be sure not to send the tables in the format of a picture. Keep each illustration "unlocked".

**Each illustration must have its title, or caption and a description (placed above the tables and beneath the figures).**

**Graphs, pictures and photographs** (referred to in the text as Figures and numbered consecutively with Arabic numerals in a single series), ALL BLACK AND WHITE (do not use heavy black, please), should be of good quality (digital photographs of at least 300 dpi; .jpeg or .tiff format). so be sure that your block diagram or curves are legible.

For any further details regarding registration, editing of your papers and paper submission, please refer to the Conference official web site [www.kif.hr](http://www.kif.hr); the Conference button is in the right lower corner of the home page.

# Zagreb, the capital of Croatia

More at the following web site addresses:

[www.zagreb-touristinfo.hr/](http://www.zagreb-touristinfo.hr/)

[www.croatia.hr/English/Destinacije/](http://www.croatia.hr/English/Destinacije/)

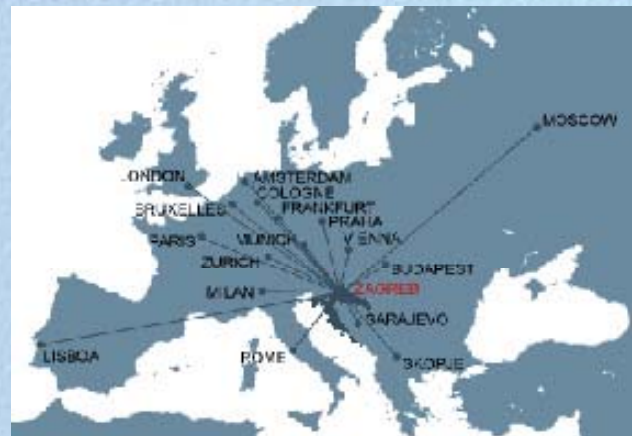
[www.zagreb.hr/zkult/zkult.html](http://www.zagreb.hr/zkult/zkult.html)

## HOW TO GET HERE

**By plane:** Zagreb Airport is located 17 km from the centre of the city, or 20-25 minutes by bus. The Zagreb Airport bus terminal (bus stop) is at the Central Bus Station on Marin Drzic Avenue. For more information on bus schedules visit [www.plesoprijevoz.hr](http://www.plesoprijevoz.hr)

**By train:** The Main Railway Station is located in the centre of the City (at Kralj Tomislav Square 12, a ten minutes walk from the central city square).

**By car:** The main international roads are: Trieste – Ljubljana – Zagreb; Graz – Maribor – Zagreb; Klagenfurt – Ljubljana – Zagreb; Budapest – Varazdin – Zagreb; Bucuresti – Belgrade – Zagreb; Sofiya



– Belgrade – Zagreb; Skopje – Belgrade – Zagreb; Sarajevo – Slavonski Brod - Zagreb

The central bus terminal is located in Marin Drzic Avenue, a few minutes by tram (line number 6) from the central city square.

More about arrival possibilities at the address: [www.croatia.hr/English/Dolazak/Dolazak.aspx](http://www.croatia.hr/English/Dolazak/Dolazak.aspx)

[www.zagreb-touristinfo.hr](http://www.zagreb-touristinfo.hr)

[www.croatia.hr](http://www.croatia.hr)

## CONFERENCE VENUE

The Conference will be held at a few locations, all close by one another, in Zagreb:

### CROATIAN NATIONAL THEATRE

(Opening Ceremony and the first plenary session)



### Faculty of Kinesiology, University of Zagreb



## Conference fees

### Participants

Until June 15, 2008	<b>200 €</b>
From June 16, 2008	<b>250 €</b>
During the Conference	<b>300 €</b>
<b>Students</b>	<b>100 €</b> (graduate and postgraduate studies)

**Visitors** 50 €

The Conference fee covers: one paper published in the Proceedings, admission to the sessions, exhibitions and other events included in the Scientific Programme, Conference material (program, Proceedings, CD, Certificate of Attendance), beverages at coffee-breaks, the opening and closing reception.

**All the participants who want to assure the publication of their papers should pay the Conference fee by July 15, 2008.**

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**The registration fee is payable in either euros or kunas.**

### Payment in advance:

#### EUROS

##### Bank draft

Beneficiary: AM TURIST d.o.o., Kalamirova 34, ZAPRESIC, CROATIA

Bank details: RAIFFEISENBANK AUSTRIA d.d., ZAGREB

IBAN: HR5824840081103228514

SWIFT CODE: RZBHHR2X

#### KUNAS

##### Bank draft

Account No. 2484008-1103228514 opened at the Raiffeisenbank, Zagreb

### Credit Card:

MasterCard, Visa, and Diners.

The payer should provide the following data:  
card owner (the name on the card), card number, expiry date

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**Cash payment on arrival at the Conference (valid only for the participants with no paper).**

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## Accommodation

Accommodation reservations should be made at:

### AM turist

10000 Zagreb  
Preradovićeve 2a  
Phone: + 385 1 48 14 897  
Fax.: + 385 1 48 14 898  
E-mail: conference@amturist.hr  
www.amturist.hr

### THE SHERATON HOTEL ZAGREB\*\*\*\*\*



Web: [www.hotel-sheratonzagreb.com](http://www.hotel-sheratonzagreb.com)

PRICES per person per night		
	1/1	1/2
Bed & breakfast	145 €	97 €
board suppl.	20 €	20 €
Full board suppl.	40 €	40 €

### THE WESTIN ZAGREB\*\*\*\*\*



Web: [www.hotel-westinzagreb.com](http://www.hotel-westinzagreb.com)

PRICES per person per night		
	1/1	1/2
Bed & breakfast	145 €	97 €
Half board suppl.	20 €	20 €
Full board suppl.	40 €	40 €

### THE REGENT ESPLANADE\*\*\*\*\*



Web: [www.regenthotels.com/zagreb](http://www.regenthotels.com/zagreb)

PRICES per person per night		
	1/1	1/2
Bed & breakfast	151 €	97 €
Half board suppl.	24 €	24 €
Full board suppl.	48 €	48 €

### FOUR POINTS BY SHERATON PANORAMA\*\*\*\*



Web: [www.hotel-fourpointspanorama.com](http://www.hotel-fourpointspanorama.com)

PRICES per person per night		
	1/1	1/2
Bed & breakfast	106 €	74 €
Half board suppl.	15 €	15 €
Full board suppl.	30 €	30 €

### HOTEL ANTUNOVIĆ\*\*\*\*



Web: [www.hotelantunovic.com](http://www.hotelantunovic.com)

PRICES per person per night		
	1/1	1/2
Bed & breakfast	117 €	79 €
Half board suppl.	15 €	15 €
Full board suppl.	30 €	30 €

### HOTEL I\*\*\*



Web: [www.hotel-i.hr](http://www.hotel-i.hr)

PRICES per person per night		
	1/1	1/2
Bed & breakfast	79 €	55 €
Half board suppl.	13 €	13 €
Full board suppl.	26 €	26 €

### STUDENT HOSTEL STJEPAN RADIĆ (DORMITORY)



PRICES per person per night			
	STUDENTS 1/2	1/1	1/2
Half board	12 €	24 €	17 €
Full board	15 €	28 €	21 €