

# ACTA KINESIOLOGICA

## INTERNATIONAL SCIENTIFIC JOURNAL OF KINESIOLOGY

Print ISSN 1840-2976  
Web ISSN 1840-3700  
UDK: 796

Catalogued in: COBISS BH  
Indexed in: Index Copernicus  
Indexed in: SPORTDiscus  
Indexed in: ProQuest CSA PE Index

Editor-in-Chief: ŽARKO BILIĆ (Ljubuški, BiH)

Executive Editor: DOBROMIR BONACIN (Travnik, BiH)  
Scientific Adviser: MIRNA ANDRIJAŠEVIĆ (Zagreb, Croatia)

Consultant: STIPE BLAŽEVIĆ (Rijeka, Croatia)  
Young Editor & PR: DANIJELA BONACIN (Travnik, BiH)

### Editorial Board:

Marko Aleksandrović (Niš, Serbia), Petr Blahuš (Prague, Czech), Tudor Bompá (Toronto, Canada), Marina Bulatova (Kyiv, Ukraine), Nadia Carlomagno (Naples, Italy), Michael Chia (Nanyang, Singapore), Milan Čoh (Ljubljana, Slovenia), Gudrun Doll-Tepper (Berlin, Germany), Vasilij Filimonov (Moscow, Russia), Denis Hauw (Montpellier, France), Ivan Hmjelovjec (Sarajevo, BiH), Ankica Hošek-Momirović (Leposavić, Serbia), Siniša Jasnčić (Belgrade, Serbia), Bojan Matković (Zagreb, Croatia), Mihajlo Mijanović (Nikšić, Montenegro), Aleksandar Naumovski (Skopje, Macedonia), Stephane Perrey (Montpellier, France), Vladimir Platonov (Kyiv, Ukraine), Franjo Prot (Zagreb, Croatia), Izet Rađo (Sarajevo, BiH), Victor Shiyan (Moscow, Russia), Maurizio Sibilio (Salerno, Italy), Ljerka Srhoj (Split, Croatia), Włodzimierz Starosta (Warsaw, Poland), Hana Valkova (Olomouc, Czech), Yuri Verkhoshansky (Rome, Italy), Galina Zajceva (Moscow, Russia), Vladimir Zatsiorsky (Pennsylvania, USA), Marta Zalewska (Warsaw, Poland), Tsvetan Zhelyazkov (Sofia, Bulgaria), Milan Žvan (Ljubljana, Slovenia).

### Section Editors:

Quality of life – Anthropology:  
Mirna Andrijašević (Zagreb, Croatia)  
Dubravka Čiliga (Zagreb, Croatia)

Biomechanics – Fitness:  
Siniša Kovač (Sarajevo, Bosnia & Herzegovina)  
Nusret Smajlović (Sarajevo, Bosnia & Herzegovina)

Methodology:  
Gustav Bala (Novi Sad, Serbia)  
Julijan Malacko (Novi Sad, Serbia)

Quantity methods:  
Robert Hristovski (Skopje, Macedonia)  
Dragan Popović (Leposavić, Serbia)

Methodics – Didactics:  
Vladimir Findak (Zagreb, Croatia)  
Janko Strel (Ljubljana, Slovenia)

Training Theory:  
Branimir Mikić (Tuzla, Bosnia & Herzegovina)  
Slavko Trninić (Split, Croatia)

Management:  
Milan Nešić (Novi Sad, Serbia)  
Đorđe Nićin (Belgrade, Serbia)

Sport – New Technologies:  
Hazir Salihu (Pristine, Kosovo)  
Munir Talović (Sarajevo, Bosnia & Herzegovina)

### Advisory Board:

Lenče Aleksovska (Skopje, Macedonia), Duško Bjelica (Podgorica, Montenegro), Jonathan Bloomfield (Ulster, Northern Ireland), Manuel Botelho (Porto, Portugal), Milovan Bratić (Niš, Serbia), Sabahudin Dautbašić (Sarajevo, BiH), Slobodan Dragičević (Split, Croatia), Bojan Jošt (Ljubljana, Slovenia), Evgenij Kalmikov (Moscow, Russia), Mark King (Leicester, UK), Žarko Kostovski (Skopje, Macedonia), Branimir Kuleš (Zagreb, Croatia), Vinko Lozovina (Split, Croatia), Ifet Mahmutović (Mostar, BiH), Predrag Nemeć (Belgrade, Serbia), Pavel Opavsky (Nikšić, Montenegro), Mohammed Salama (Alexandria, Egypt), Lejla Šebić-Zuhrić (Sarajevo, BiH), Anatolij Shirjaev (S. Petersburg, Russia), Ivan Tončev (Novi Sad, Serbia), Milenko Vuković (Novi Sad, Serbia), Simo Vuković (Banja Luka, BiH), John Wang (Nanyang, Singapore).

### Print & Web:

‘Fojnica doo 71270 Fojnica, Gornjevakufska 13, BiH  
DTP & Web preparation: Dobromir Bonacin, BiH  
Webhosting: Netdomena doo, Senj – Croatia  
Lector (English): Sanela Omerćajić – Tuzla, BiH  
Lector (Croatian): Lucija Bilić – Mostar, BiH  
Illustrations: Danijela Bonacin, BSc – Travnik, BiH  
Printed: 300 copies

Secretariat: Nevenko Grbavac (Secretary),  
Zvonko Herceg, Vice Nižić, Mijo Pehar,  
Stipan Prce, Zvonko Sesar

### Publisher:

DPTZK Ljubuški, Teskera Put za crveni grm, BiH

### Communication:

Acta Kinesiologica International Scientific Journal of Kinesiology – 88320 Ljubuški, Teskera Put za crveni grm, BiH  
Tel.: +387 63 325 690, +38739 838 399, +385 62 907 430, +387 30 517 824, Fax: +387 39 838 171, +387 30 517 824  
E-mail: zarkob@actakin.com, dobromirb@actakin.com, mirnaa@actakin.com, danijelab@actakin.com,

Acta Kinesiologica publishes twice a year in English with Croatian abstracts.  
Cost: 15 Euro, overseas 30 Euro + postal costs.  
Journal publishing is granted by Government of Bosnia & Herzegovina Federation.

Full journal text available on <http://www.actakin.com>