

You only live once, but if you do it right, once is enough

(Mae West)

Dear reader,

Mae West, it would seem, "played" many life roles, and least of all was a scientist. Nevertheless, the thought of life emphasized so loudly echoes through space and through time. Of course, we here have no pretensions to decide what "the right way of life" is and is not, but we have the right to claim that without truth, even scientific, "real life" is inaccessible. This is for the reason that if there is no truth it is a lie, and if there is not at all scientific knowledge then it becomes ignorance and chaos. Now, where we will measure life to paint it with the truth, including scientific, is your personal matter. Also, due to the fact that we live only once, not now means that we have to panic and frantically swallow everything we can wade in it all and everyone, because, both ways are certainly wrong. In an attempt to help the pieces of scientific truth come closer to a part of such a life, in this issue we are offering you this: a flexible physical education and comparison of different PE curricula, the jumps in track and field, walking 20 km, findings about young swimmers, on the assessment of self-efficacy, throwing spears, the diet supplementation, on sprint among young people, creating the curriculum, findings about the instructors of skiing, basketball players at the Olympics, the universal model of transformation processes research, radiographic procedures, rhythmic gymnastics, and research about some testing of school children. Read and analyze, since contributions are sufficiently comprehensive and could indicate the thinking about what you can find "right" and what may not.

*Editor-in-Chief
Assoc.Prof.Žarko Bilić, PhD*

Živiš samo jednom, ali ako je to „kako valja“ jednom je dovoljno

(Mae West)

Dragi čitatelju,

Mae West, po svemu čini se, bila je štošta, a najmanje znanstvenica. Pa ipak, njena apostrofirana misao o životu tako gromoglasno odzvanja i kroz prostor i kroz vrijeme. Naravno, mi ovdje nemamo pretenzije tvrditi što to "pravi način življenja" jest a što nije, ali imamo pravo tvrditi da je bez istine, pa i znanstvene, "pravi život" nedohvatljiv. To iz razloga, što ako nema istine onda je laž, a ako nema baš nimalo znanstvenih spoznaja tada je neznanje i kaos. E sad, u kojoj će te mjeri život obojati istinom, pa i znanstvenom, vaša je osobna stvar. Isto tako, zbog činjenice da živimo samo jednom, nećemo sad panično i bjesomučno gutati sve što možemo i gaziti pri tome sve i svakoga, jer je to, i jedno i drugo sigurno pogrešan način. U pokušaju da vam kroz komadiće znanstvene istine približimo dio takvog jednog života, u ovom broju nudimo vam priloge: o fleksibilnom Tjelesnom odgoju i usporedbi različitih TO kurikulumu, o skokovima u atletici, hodanju na 20 km, o mladim plivačima, o procjeni samoeфикаsnosti, bacanju koplja, o dijetnoj suplementaciji, o sprintu kod mladih, kreiranju kurikulumu, o instruktorima skijanja, košarkašima na Olimpijskim igrama, o univerzalnom modelu istraživanja transformacijskih procesa, radiografskim procedurama, ritmičkoj gimnastici, i nekim testiranjima djece školskog uzrasta. Pročitajte i analizirajte, prilozi su dovoljno sveobuhvatni da mogu upućivati na promišljanja o tome, što možda "ono pravo" jest a što možda nije.

*Glavni urednik
Izv.Prof.Dr.Žarko Bilić*