

Central European Journal of Sport Sciences and Medicine

a quarterly journal



University of Szczecin
Faculty of Health
and Physical Education

Vol. 31, No. 3/2020

Contents

Barbara Bergier, Krystyna Gawlik, Joanna Baj-Korpak, Ewa Stępień, Agata Poczarska-Glos, Mirosława Sidor, Adam Szepeluk SUBJECTIVE AND OBJECTIVE ASSESSMENTS OF PHYSICAL ACTIVITY IN EMPLOYED WOMEN AGED 50 TO 64 YEARS	5
Ludmila Chervencova PANEURHYTHMY EXERCISES FOR DEVELOPING PARTNERSHIP AND SOCIAL SKILLS	17
Kinga Kostrakiewicz-Gieralt A SUMMARY OF THE USE OF MAIZE IN NUTRITIONAL PRODUCTS FOR SPORTSPEOPLE	33
Nicole J. Hernandez, Bradley J. Myers, Yuri Feito, Jennifer A. Bunn FUNCTIONAL STRENGTH EXERCISE AND BLOOD-FLOW RESTRICTION PROTOCOLS: A SYSTEMATIC REVIEW	47
Joanna Ratajczak, Katarzyna Rucińska, Marek Kolbowicz, Tomasz Zalewski SELECTED NUTRITIONAL BEHAVIORS AND THE LEVEL OF PHYSICAL ACTIVITY OF HIGH SCHOOL STUDENTS	59
Brent D. Bradford, Adam Howorko, Erinn Jacula, Jason Daniels, Shaelyn Hunt, Nicole Correia TRACKING DAILY STEPS: AN INVESTIGATION ON A SMALL POST-SECONDARY CAMPUS	75
Bartosz Bolach, Wojciech Seidel, Mirosław Mrozkowiak RATING TRAINING LOAD OF DISABLED SWIMMERS IN GENERAL PREPARATION SUB-PERIOD	87
Maria Gacek, Grażyna Kosiba, Agnieszka Wojtowicz SENSE OF GENERALISED SELF-EFFICACY AND PRO-HEALTH BEHAVIOURS OF POLISH AND SPANISH PHYSICAL EDUCATION STUDENTS	95
Joanna Trubiłko, Piotr Kolano, Elżbieta Sierńko-Awierianów, Monika Chudecka MORPHOLOGICAL CHARACTERISTICS, ASSESSMENT OF HYPERMOBILITY AND PAIN THRESHOLD OF RUGBY PLAYERS	107
Teresa Drozdek-Małołepsza, Eligiusz Małołepszy SPORTS IN SCHOOLS IN THE PROVINCE OF VOLHYNIA IN THE YEARS 1921–1939	115
Michalina Kuska, Marcin Pasek, Mirosława Szark-Eckardt SELF-ESTEEM OF PHYSICAL EDUCATION STUDENTS WITHIN DIDACTIC AND EDUCATIONAL SKILLS DEPENDING ON THE MODE OF STUDY AGAINST EVALUATION BY PLACEMENT SUPERVISORS	125

