Central European Journal of Sport Sciences and Medicine

a quarterly journal



Contents

Konstantinos Salonikidis, Konstantinos Papageorgiou, Anastasios Meliadis, Fotini Arabatzi	
FORCE STEADINESS DURING SUBMAXIMAL ISOMETRIC PLANTAR	
AND DORSIFLEXION IN RESISTANCE TRAINING: EXPERIENCED VS NON-EXPERIENCED INDIVIDUALS	5
AND BOTTOM REPORTED WATER TO THE PROPERTY OF T	Ů
Deniz Sinem Çalık, Recep Gürsoy, Ercan Saruhan	
EVALUATION OF THE PSYCHOLOGICAL AND HORMONAL PARAMETERS IN PARAGLIDING	15
Jarosław Nadobnik, Aleksander Wiażewicz	
USE OF SZCZECIN'S SWIMMING POOLS FOR THE AQUA FITNESS ACTIVITY IN 2012 AND 2019	25
Konstantinos Papadimitriou, Nikos Papadimitriou, Vassilios Gourgoulis, Vassilis Barkoukis, Dimitris Loupos	
	39
ASSESSMENT OF YOUNG SWIMMERS' TECHNIQUE WITH TEC PA TOOL	39
Ratko Pavlović	
THE IMPORTANCE OF REACTION TIME IN ATHLETICS: INFLUENCE	
ON THE RESULTS OF SPRINT RUNS OF WORLD CHAMPIONSHIPS FINALISTS	53
Kayode Israel Oke, Olufemi Opeyemi Ogundiran, Chidozie Emmanuel Mbada, Ekundayo Ogunkunle	
KNOWLEDGE, AWARENESS AND IMPACT OF CORONAVIRUS DISEASE LOCKDOWN ON TRAINING,	
FITNESS AND PERSONAL PARAMETERS: A SURVEY OF NIGERIAN ATHLETES	67
Dimitrios Mikikis, Yiannis Michailidis, Athanasios Mandroukas, George Mavrommatis, Thomas Metaxas	
GOALKEEPER PERFORMANCE: ANALYSIS OF GOALKEEPERS' CONTRIBUTION TO THEIR TEAM'S BUILD-UF)
UNDER THE OPPONENT'S PRESSURE IN THE 2018 WORLD CUP	77
UNDER THE OFF ONE IN THE 2010 WORLD COI	11
Liliana Aracely Enríquez del Castillo, Natanael Cervantes Hernández, Ramón Candia Luján, Luis Alberto Flores Olivares	
BODY COMPOSITION ANALYSIS ACCORDING TO THE EXERCISE MODALITY IN ADULTS WITH OBESITY:	
PILOT STUDY	87
Talha Khanafdi Omar	
EFFECT OF THE PROPOSED TRAINING PROGRAM ON SOME PHYSIOLOGICAL	
AND DODY COMPOSITION WADIADLES OF HINDED 20 VEADS OFD MALE FOOTBALL DI AVEDS	07