Central European Journal of Sport Sciences and Medicine

a quarterly journal



University of Szczecin Faculty of Health and Physical Education

Vol. 35, No. 3/2021

Contents

Jerzy Eider STUDENTS AND GRADUATES OF THE UNIVERSITY OF SZCZECIN AT THE 32ND OLYMPIC GAMES TOKYO 2020	5
Guy Mor MOTOR CONTROL MECHANISMS AND THE PRACTICE OF KRAV MAGA – A NARRATIVE ANALYSIS	17
Aristotelis Gioldasis, Evangelos Bekris, Athanasia Smirniotou RELATIVE AGE EFFECT: A SYSTEMATIC DISCRIMINATION AGAINST BIOLOGICALLY YOUNGER ATHLETES	27
Marzena Malara, Anna Kęska, Joanna Tkaczyk, Grażyna Lutosławska NORMAL LEVELS OF TSH AFFECT THE METABOLIC PROFILE DIFFERENTLY IN PHYSICALLY ACTIVE MALES AND FEMALES	41
Dobson Dominic, Sai Kishore EFFECT OF MODIFIED HIGH INTENSITY INTERVAL TRAINING ON FAT LOSS	49
Katarzyna Kurowska, Katarzyna Antosik, Milena Kobylińska, Agnieszka Decyk BEETROOT JUICE – LEGAL DOPING FOR ATHLETES?	57
Leszek Mazur IDENTIFICATION OF THE MAPPING MODELS OF THE PLAYERS COOPERATION IN SERVE RECEPTION IN VOLLEYBALL	71
Afroditi Lola, Evandros Votsis, George Tzetzis, Dimitris Chatzopoulos THE IMPACT OF IMPLICIT AND EXPLICIT TRAINING METHODS ON THE ACQUISITION OF PERCEPTUAL EXPERTISE IN YOUNG ATHLETES	87
Anup Krishnan, Chandra Sekara Guru, Arumugam Sivaraman, Thiagarajan Alwar, Deep Sharma, Piyush Angrish NEWER PERSPECTIVES IN LACTATE THRESHOLD ESTIMATION FOR ENDURANCE SPORTS – A MINI-REVIEW	99
Hugo Mendonça Café, Marta Leitão, Anya Freitas, Ana Marreiros SURGICAL MASK USE IN PHYSICAL EXERCISE IN YOUNG HEALTHY SUBJECTS SUME TRIAL	117