

CONTENTS

SHORT REPORT

Does health-oriented training improve cardiovascular parameters of smoking women? 5

Agnieszka Szmyt, Tomasz Podgórski, Grażyna Szmyt, Cain C.T. Clark,
Mirosław Paweł Górny, Piotr Gronek

Gait ability analyse in senior age 65+ related to the quality of life indicators 11

Milada Krejčí, Martin Hill, Dobroslava Jandová, Mirosław Paweł Górny,
Jiří Kajzar

ORIGINAL ARTICLE

Physical fitness and level of body components in the 11-15-year old population in west Slovakia 21

Nora Halmová, Janka Kanášová, Luboslav Šiška

Identification of agility predictors in basketball 27

Pavol Horička, Jaromír Šimonek

The effects of the application of dynamic and PNF stretching on the explosive strength abilities of the lower limbs in warm-up in hockey and football athletes 33

Hana Kabešová, Jitka Vaněčková, Nicole Tarantová, Josef Heidler, Lenka Černá

NOTES TO AUTHORS 41