

## CONTENTS

<b>Badicu G., Gatterer H., Balint L., Burtscher M.</b> The effects of weekly motivational phone calls on the amount of leisure sports activities and changes in physical fitness .....	226
<b>Cynarski W.J., Pawelec P., Yu J.-H., Slopecki J., Bielec G., Kubala K.</b> Young people practicing martial arts and their perception of success.....	231
<b>Demirci N., Toptaş Demirci P.</b> The determination of physical activity, nutrition and self-sufficiency levels of sedanter individuals of fitness club member .....	237
<b>Eloirdi A., Mammad K., Arfaoui A., Ahami A.</b> The commitment: A determinant basic mental skill in student's performance in Physical Education and Sport.....	246
<b>Frolova L.S., Kovalenko S.O., Petrenko Yu.O., Tymofeev A.A., Gunko P.M., Khomenko I.M., Atamas O.A., Nechyporenko L.A., Nechyporenko D.L.</b> Gender differences of basketball players aged 12-13 years according to the response to a moving object .....	252
<b>Koç H., Özen G., Abanoz H., Pulur A.</b> Comparative analysis of hematological parameters in well-trained athletes and untrained men .....	260
<b>Moskalenko N.V., Poliakova A.V., Sidorchuk T.V.</b> Construction of rational regimes in motor activity of children aged 3-4 years in pre-school educational institutions of various types.....	265
<b>Mytckan B.M., Verbovyi V.P., Chovhan R.Ya., Zemska N.O., Kryzanivskaya O.F., Bublyk S. A., Mocherniuk V.B., Faichak R.I., Pjatnichuk G.O., Popel' S.L., Baskevich O.V.</b> Influence of physical activity of the maximum aerobic power on hemo-dynamic and morpho-biochemical of change of erythrocytes of female volleyball players.....	272
Information.....	280