STUDIES IN PHYSICAL CULTURE AND TOURISM

Vol. 17 No. 1

UNIVERSITY SCHOOL OF PHYSICAL EDUCATION IN POZNAŃ STUDIES IN PHYSICAL CULTURE AND TOURISM (SPCT)

Editorial Board

Diethelm Blecking, privat-Dozent, Freiburg, Germany
Stefan Bosiacki, University School of Physical Education, Poznań, Poland
Janusz Feczko, Academy of Physical Education, Kraków, Poland
Anthony C. Hackney, University of North Carolina, USA
Masahiro Kaneko, Osaka University of Health and Sport Sciences, Japan
Krzysztof Klukowski, The Physical Education Academy, Warsaw, Poland
Stanisław Liszewski, University of Łódź, Poland
Ioannis Mouratidis, Aristotelean University of Thessaloniki, Greece
Krystyna Nazar, Institute-Medical Research Centre, Polish Academy of Sciences, Warsaw, Poland
Wiesław Osiński, University School of Physical Education, Poznań, Poland
Andrzej Pawłucki, The Physical Education Academy, Wrocław, Poland
Łucja Pilaczyńska-Szcześniak, University School of Physical Education, Poznań, Poland
Wiesław Siwiński, University School of Physical Education, Poznań, Poland
Włodzimierz Starosta, University School of Physical Education, Poznań, Poland

UNIVERSITY SCHOOL OF PHYSICAL EDUCATION IN POZNAŃ

STUDIES IN PHYSICAL CULTURE AND TOURISM

Vol. 17 No. 1

WOJCIECH LIPOŃSKI PIOTR KRUTKI Editors

Chairman of the Publishing Board: STANISŁAW KOWALIK Editor in Charge of Translations: TOMASZ SKIRECKI

Front cover: *A ball player*, relief in the collection of the National Archeological Museum in Athens; photograph by courtesy of the International Olympic Academy.

Back cover: *Keretizein*, a kind of ancient hockey; relief in the collection of the National Archeological Museum in Athens; photograph by courtesy of the International Olympic Academy.

Indexed in: EBSCO Publishing, Inc. Ulrich's International Periodical Directory

The journal is available on-line at the Wielkopolska Digital Library web page: www.wbc.poznan.pl

Editorial Board Address: University School of Physical Education Królowej Jadwigi 27/39 61-871 Poznań, POLAND tel: 061 835 54 35; 061 835 50 68 Fax: 061 833 00 87

Computer page layout: EWA RAJCHOWICZ

Printed in Poland © Copyright by Akademia Wychowania Fizycznego w Poznaniu

ISBN 978-83-61414-31-5 ISSN 0867-1079

No part of this publication may be reproduced in any form without permission from the Publisher, except for the quotation of brief passages in criticism or any form of scientific commentary.

Dział Wydawnictw AWF Poznań. Zam. 2/10

CONTENTS

PART I-BIOLOGY AND EXERCISE PHYSIOLOGY

Prevention of limb deep vein thrombosis (DVT) in tourists during long distance coach trips. Barbara Pospieszna, Tadeusz Rychlewski, Edyta Michalak, The influence of
an 8-week ergometer training on postmenopausal women in view of their biological age Mohsen Ghanbarzadeh, Pulmonary functional indices during exercise in healthy and asthmatic
Adults
DADE W. WYFODY OF SDORE
PART II – THEORY OF SPORT
Krzysztof Karpowicz, Ryszard Strzelczyk, Characteristics of motor abilities of young
athletes of selected sports during sport training
ability in table tennis players
Ingrid Ružbarská, Milan Turek, Analysis of motor performance indicators of medical rescuers
PART III – PHYSICAL EDUCATION
Tomasz Stera, Donata Woitas-Ślubowska, Effect of physical education studies on selected
aspects of preparation of university students for implementation of health education in Polish schools
Filippos Filippou, Dimitrios Goulimaris, Maria Mihaltsi, Maria Genti, Dance and cultural tourism: The effect of demographic characteristics on foreigners' participation
in traditional Greek dancing courses Valery Krasilnikov, Modern games and competitions of the northern multiathlon as pedagogical heritage of indigenous peoples of Russia
PART IV – CONTEMPORARY ISSUES
Ezzatollah Shamansouri, Hasan Hashemi-Minabad, Causes of sport crises, ways of their
elimination and a crisis-management strategic model Janez Pustovrh, Bojan Jošt, Structural analysis of chosen social value indicators of coaches of different sports
PART V – BOOK REVIEWS
Agata Maćków, Joseph Strutt as a writer on the history and folklore of sports, reviewed by Małgorzata Bronikowska
Zbigniew Borysiuk, Modern Saber Fencing with an accompanying DVD Saber Technique and Tactics, reviewed by Maciej Łuczak
NOTES TO CONTRIBUTORS