

CONTENTS

INVITED REVIEW

- Dietary nitrates – to consume or to restrict?**.....5
Barbara Pospieszna, Janusz Czapski

ORIGINAL ARTICLE

- The influence of static and progressive stretching exercises on the functional limitations of the musculoskeletal system**.....13
Dariusz Boguszewski, Agnieszka Radomska, Katarzyna Kerbaum-Visser, Dariusz Białoszewski

- Analysis of team sports results based on the European basketball men’s championships**.....21
Beata Pluta, Marcin Andrzejewski

- Emotions related to physical education lessons in students with intellectual disabilities**.....29
Marta Wieczorek, Aleksandra Sadziak, Vlasta Karásková

- Motivation for running in a half-marathon among university students**.....35
Ewa Malchrowicz-Moško, Javier Villarreal, Karolina Chlebosz, Agata Glapa

- Evaluation of bioelectrical activity of masseter muscles in women with myogenic disorders of the stomatognathic system**.....43
Magdalena Gębska, Krystyna Opalko, Piotr Rynio, Katarzyna Weber-Nowakowska, Ewelina Żyżniewska-Banaszak, Wojciech Garczyński, Łukasz Kołodziej

- NOTES TO AUTHORS.....49