

*When I learn something new - and it happens every day - I feel a little more at home in this universe, a little more comfortable in the nest.*  
(B. Moyers)

Dear reader,

*It is said that a man learns as long as he lives, but if that is so, many of us are probably not aware of it enough. From learning about tiny, unrelated details when we are children, through acquainting canons of this Universe, to global wisdoms in our maturity, we collect, shape, and determine cognitions that make us the way we are. In that manner, Mr Moyers is completely right and is telling us that the entirety of our cognitions is aimed exactly towards the understanding of the whole Universe. It would be too brave to claim that the information in this issue will guide you all towards the comprehension of the entire Universe, but in some of the more modest segments they are certainly pointed towards that goal. Articles in this issue, as such segments, tell us about volleyball, exercise in children, quality of life in adults, sports management, muscle force, video-analysis of movement, functional changes in women, organizational climate, football, fitness in adults, interactive exercising, basketball, coordination of young people, step-hop test in volleyball, young football players, consumers in the sports industry, aerobic abilities of women, analysis in the sports industry, development of abilities in basketball, elite sailors, and about the definition of quality school. We sincerely hope that this kind of selection will satisfy your interests and intrigue you to entwine such small "stellar marks" into your view of the Universe cognition. Of course, we have no aspiration to completely explain the unique Universe, because that is impossible, but the fact that we will get closer to that goal at least a tiny bit, that is certain!*

*Executive editor  
MEd Danijela Bonacin, PhD st.*

*Kad naučim nešto novo - a to se događa svaki dan - osjećam se malo više kao kod kuće u ovom svemiru, malo ugodnije u gnijezdu.*  
(B. Moyers).

Dragi čitatelju,

*Kažu da čovjek uči dok je živ, ali ako jest tako, mnogi od nas toga vjerojatno nisu dovoljno svjesni. Od učenja sitnih, nepovezanih detalja kad smo djeca, pa preko upoznavanja kanona ovog Svemira, sve do globalnih mudrosti u našoj zrelosti, skupljamo, oblikujemo i utvrđujemo spoznaje koje nas čine takvima kakvi jesmo. U tom smislu, gospodin Moyers potpuno je u pravu i govori nam da je cjelovitost naših saznanja usmjerena upravo prema razumijevanju cijelog Svemira. Bilo bi prehrabro tvrditi da će informacije u ovom broju časopisa povesti sve vas prema spoznaji Univerzuma, ali u nekim skromnijim segmentima sigurno su usmjerene prema tom cilju. Članci u ovom broju, kao takvi segmenti, govore nam o odbojci, o tjeleovježbi djece, o kvaliteti života odraslih, o sportskom menadžmentu, mišićnoj sili, video-analizi kretanja, o funkcionalnim promjenama kod žena, organizacijskoj klimi, o nogometu, fitnessu odraslih, interaktivnom vježbanju, košarci, koordinaciji kod mladih, o step-hop testu u odbojci, mladim nogometašima, o konzumentima u sportskoj industriji, aerobnim sposobnostima žena, o analizi u sportskoj industriji, razvoju sposobnosti u košarci, o elitnim jedriličarima i o definiciji kvalitetne škole. Iskreno se se nadamo, da će ovakav odabir zadovoljiti vaše interese i zaintrigirati vas da takve male "zvjezdane tragove" upletete u vaše viđenje spoznaje Svemira. Naravno, nemamo aspiracije jedinstveni Svemir potpuno objasniti, jer je to nemoguće, ali da ćemo se barem mrvicu približiti tom cilju, e to je sigurno!*

*Izvršni urednik  
MEd Danijela Bonacin, PhD st.*