

Table of Contents

Including the *Yessis Review*, *Soviet Sports Review*, and
Fitness and Sports Review International

THE YESSIS REVIEW

VOLUME 1 # 1 (DEC 1966)

Some Psychological Problems of Children's Play (Sport Psychology)
Physical Education: A Means of Raising the Work Ability of
Students
To Raise Everyone Healthy
Migelina Kobain and Galina Mitrokhina on the Track
Scientific Investigations in Sport: Competitive Level Problems
Morning Gymnastics (Exercise)
Instruction in the Take-Off Technique (High Jump)
The Run of a High Jumper

VOLUME 1 #2 (Sept 1966)

Teaching to Educate
Outstanding Participation at Home by Students (Exercise at Home)
Training Feelings in Play
Acts, Habits and Character (Physical Education Preparation)
Several Questions on the Theory of Training Loads
The Bridge in Classical and Free Style Wrestling
Seminar in Biomechanics
On the Way to a Record (Track)
On Tactics (Track)
Short Items of Importance

VOLUME 1 #3 (June 1966)

Further Improvement in Physical Culture Departments
Experimental Schools in Czechoslovakia (Elementary)
Children Should Sit Correctly
Mastery of Movement in Children Realized
The Influence of Words in Raising the Effectiveness of
Undertakings in physical Exercise by School Children
Athletism, Sports, Health
Short Items of Importance (Misc)
Trials of Educational Work with Sportsmen

Generalizations and Analyzations Of the Training of Qualified Sportsmen
Improving the Presentation of Gymnastics in Schools
Undertaking Exercise by Elderly People
Change in the Maintenance of Blood Keytone Bodies in Elderly People with
Arterioselerotic Cardiosclerosis
The Character of the Brain Root Processes During Muscular Work
First Conference of Socialistic Nations in Sports Medicine

VOLUME 1 #4 (March 1966)

The New School Program in Physical Education in the United States
Do Not Copy but Create (High Jump)
Preparation of Road-Cyclists for the III Spartakiad of the USSR
Fundamentals of Health and Sports Records
Formation of the Physically Improved Man: An Important Problem
Volume and Intensity of Training and Competitive Loads in
Volleyball
The Preparation of Children for School
Distribution of Effort in Lifting Barbells of Various Weights Training Load
Dynamics of the Strongest Soviet Gymnasts
Basic Training Factors with Decathlon Athletes
Oscillographic Observations of Field Athletes
The Influence of Systematic Physical Education on the Mental Work
Efficiency of Children
The Influence of Shortening the Work Day on Work Efficiency,
Distribution Of Work Periods and Free Time
Regulated Training Loads of Weightlifters According to Liability
of the Nerve-Muscle Apparatus
Dry Land Training for Swimmers
Pulse, Arterial Blood Pressure and Breathing in Sportswomen in
Various Phases of the Menstrual Cycle
Weight Training for an Increase in Muscle Mass
Development of Speed-Strength Qualities in Youngsters
Functional Asymmetry of the Legs (Jumping)
Preparations of Weightlifters to Unaccustomed Competitive Conditions
For the Health of Children: Lessons in the III and IV Classes
Carry-Over of Training

VOLUME 2 #1 (March 1967)

The Legacies of Lenin are Being Fulfilled
Cybernetics and Sport: Beginning Status
Health and Culture Movement of Children
Middle Distance Problems (Track)
The Influence of the Training Lesson on the Heart-Circulatory
System of Young Gymnasts

Analysis of the Rhythm of Movement of the Discobolus
Development of Mobility in the Hip Joint in Sportsmen (Biomechanics)
Physical Development and Physical Preparation of Young Athletes in Track and
Field, Soccer and Basketball
The Dependence of Achievement in Wrestling on Strength Preparation
Effect of Physical Loads on Somatic and Vegetative Functions
The Influence of Several Food Stuffs on the Antitoxic-Synthetic Function of the
Liver in Sportsmen

VOLUME 2 #2 (June 1967)

The Physical Culture Program in the Secondary Schools
The Physical Preparation of Youth
Age Changes in Muscular Strength in Girls of School Age
On the Track with D. Lindner and S. Bondarenko (Walking)
Backward Somersault with a Full Twist Dismount (Gymnastics)
Psychological Functions During Especially Difficult Activity
(sport psychology)
Physical Education of Students in the Litov Veterinary Academy
The Law of the Dollar (U.S.) (Politics in sports)
The General Physical Preparation Section (Physical Education)

VOLUME 2 #3 (Sept 1967)

Strength Preparation of Young Track and Fielders
Dependency of the Sportsman's physical Qualities from the Level
of Muscle Mass Development
Moldavian Union of Socialist Republics: Development of Physical
Culture and Sport
Djula Zhivotski Throws the Hammer
The Physical Culture Program in the Secondary Schools

VOLUME 2 #4 (Dec 1967)

The Physical Culture Program in the Secondary Schools (Conclusion of the
article first begun in Volume 2 #2)

VOLUME 3 #1 (March 1968)

Physical Education (Elementary)
Dissertations in Physical Culture and Sports (Physical Education)
Various Complexes of the Physical Culture Rest Break (Industry)
Dynamics of Physical Workability of Students
The Dueling Regime in Fencing Competition
Oxygen During the Time of Competition
Variants in Contemporary Techniques of Pole Vaulting

VOLUME 3 #2 (June 1968)

Scientific Bases of Sports Technique
Sports Ontogenesis of Weightlifters in Various Weight Classes
Weight of the Thrower (Track and Field)
Exercises in Walking and Running
The Negro Becomes a Champion (United States)
Physical Development and Sports Mastery (Selecting Athletes)
The Peoples University (Physical Education)
Raising the Functional Capabilities of the Body in Sports Training
Heart-Circulatory System Changes in Competitive Conditions

VOLUME 3 #3 (Sept 1968)

Fifty Years of Soviet Psychology of Sports (Sport Psychology)
Basic Principles of Motor Activity Coordination
Man is Standing Taller (Physical Development)
Physical Preparation Indices of School Children
Are Depth Jumps Useful? (Jumping)
Physiological Laws Dictate (Physical Education)
Development of Physical Culture and Sports in Estonia

VOLUME 3 #4 (Dec 1968)

Electronic Vectorgraphic Systems of Express-Analysis of Movement
and Their Possibilities in Sport
Problems of School Sport
Every Student a Researcher
Basic Structural Components of Volition in Gymnasts
Science: Practice (Physical Education)
Hydrodynamic Resistance and Forward Force of the Swimmer

VOLUME 4 #1 (March 1969)

Social Aspects Of Physical Education in Russian Belles Lettres
Questions on Methods of Instruction and the Planning of Training
Loads for Weightlifters in the Junior Ranks
Several Regularities in the Formation of a Motor Skill
Learning Motor Skills (Physical Education in Secondary School)
A Defended Dissertation (Gymnastics)
Sport and Free Time of Students

VOLUME 4 #2 (June 1969)

Improvement of Speed-Strength Preparation of Jumpers

Relationship Between Breathing and Movement in MS Gymnasts
A New Machine for Training Skiers
Physical and Mental Load Dynamics of Students During the Year
Overcoming Steady States of Fear in Sports
Protest on a Pedestal (U.S.) (Mexico City Olympics)

VOLUME 4 #3 (Sept 1969)

Principles of Choosing Exercises in Training
Cybernetics and Sports
How to Communicate Theoretical Information in Physical Education
R. Matson, E. Gushchin and D. Hoffman in the Shot Put
Physical Exercises and Their Combinations
Development of Speed-Strength in Young Girls and Young Women Who
Systematically Participate in Sports
A Device for Determining the Amount of Hip Joint Flexion in
Gymnasts
Short Items of Importance (Psychology and Gymnastics)

VOLUME 4 #4 (Dec 1969)

Searching (Physical Education)
Problems in Child and Youth Sport
The Hit in Flight (Soccer)
Soccer and Age
The Sense of Distance (Various Sports)
Great Sport and Specialized Harmony (Weightlifting)
Relationships Between Physical Qualities
The Influence of Physical Exercises on the Tonus of Arterial Vessels of the Head
During Mental Loads (Physiology)

VOLUME 5 #1 (March 1970)

Scientific Work in the U.S.S.R. Gymnastics Team
A Method of Investigating Exercise Technique on the Side Horse
(Gymnastics)
Vera Savenkova Throws the Javelin
Breathing and Movement in Gymnasts During Execution of Apparatus
Routines
Development of Muscles in the Lumbar Region in Athletes
A New Battery: A New View (GTO) (Ready for Work and Defense)

VOLUME 5 #2 (June 1970)

Investigation of the Volleyball Spike by Means of the
Accelerograph

The Influence of Training Methods on Development of Endurance
(Track)
On the Attacking Position (Tennis)
To Train the Nerves (Table Tennis)
Diagonal Foot Placement Prior to the Jerk of the Barbell from the
Chest in the Clean and Jerk
What Attracts Children? (Physical Education)
Norms for the All-Union Battery of Physical Education (GTO)

VOLUME 5 #3 (Sept 1970)

Urgent Matters Concerning the Theory and Methods of Women's Sports
A Device for Determining Muscular Sensitivity of Volleyball Players
V. Kozirand N. Brintseva in the High Jump
Theoretical Mechanics in Gymnastics
Accurate Aim (Volleyball)
Optimal Loads in Development of Endurance in Youngsters

VOLUME 5 #4 (Dec 1970)

Do Not Simplify the Training program (Training Preparation)
On the Track with Valery Borzov
Typological Differences for Individualization of Teaching
Final Effort Technique in the Discus Throw
A Conditional Form of Modeling Movements (Gymnastics)
Development of Children's Movement in Their Second Year

VOLUME 6 #1 (March 1971)

The Biological Clock (Biorhythms)
Improvements of Circulo-Respiratory Functions In Tennis Players
Athlete Heart Measurements (Cardiopulmonary)
The American Hurdlers
Volleyball Technique
Teaching Breathing
Flexibility Competition
In Search of an Optimal Motor Routine (Secondary School)
The Effect of Interference an Memorization of Movement
The Psycho-Prophylactic Method Prior to Competition in Wrestling
Isometric Training of Weightlifters in the Lower Ranks
Non-Parametric Correlation Between Strength and Endurance

VOLUME 6 #2 (June 1971)

Psychological Characterization of the Athlete (Sport psychology)
Volleyball Technique

T. Danilova and F. Melnik Throw the Discus
Directing Movements of Gymnasts by Modeling Spatial Positions
Many Channeled Electromyography Cinematography, Mechanical and
Impulse Strobophotography
Attention to Functional Harmony (Physical Education)
Consideration of Typological Features of Children
Recent Titles

VOLUME 6 #3 (Sept 1971)

Psychological Characterization of the Athlete (Sport Psychology)
Breathing Rhythm in Pre-Mountain Preparation of Skiers
Kestutis Shapka in the High Jump
Rational Selection of Exercises in the Training of Weightlifters
Spontaneous and Provoked Influences on Movement Coordination (Gymnastics)
Recent Titles

VOLUME 6 #4 (Dec 1971)

Criterion of Power (Weightlifting, Track and Field)
Effect of Physical Loads on Speed and Precision of Movements by
Musicians
Valery Podluzhny in the Long Jump
A Mechanographical Method of Recording Kinematic Characteristics
of the Approach Run and Jump in the Volleyball Spike
False Start, SPORTS ILLUSTRATED (U.S.) (Track and Field)
A New Method of Strength Preparation (Isokinetics)
Recent Titles

VOLUME 7 #1 (March 1972)

Coordination of Muscular Activity in the Barbell Press
Interpersonal Relationships Between Members of Sports Teams
Jorma Kinnunen in the Javelin Throw
Study of Technique in Acrobatics Through Three-Plane
Cinematography
Organization of Sports in the German Democratic Republic
Comparative Characteristics of the Restorative Period After
Intense Physical and Mental Work
Recent Titles

VOLUME 7 #2 (June 1972)

Head Resistance of Alpine Skiers
The Phasic Structure of the Arm Cycle in Swimmers and Its Changes
Under the Influence of Fatigue

Final Effort in the Javelin Throw
The European Champion Throws the Discus (Danek)
Training of Weightlifters in Hot Climatic Conditions
Classification of Specialized Training Methods (Track)
Specialized Exercises for Shot Putters
Recent Titles

VOLUME 7 #3 (Sept 1972)

Norm Template for Women Hurdlers
Relationships Between the Three Classical Weightlifting Events
Preparation of the Strongest Marathon Runners
E. Gushchin and V. Voikin in the Shot Put
New Strength Development (Track and Field, Throwing)
From Models to Movement (Track and Field)
The New Battery of "Preparedness for Work and Defense" (GTO)
Recent Titles

VOLUME 7 #4 (Dec 1972)

Investigating Motor Behavior Under Changing (Stochastic) Conditions
WE KNOW , BUT DO NOT DO IT, Problems in Improving the System of
Training Track and Field Athletes of the Highest Ranks
J. Gamski Throws the Hammer
Discussion on Criteria of the Training State (Physiology)
Tremor as a Psychological Indice of Training (Shooting)
So that the Small Ones Will Grow Faster (Youth Basketball)
Recent Titles

VOLUME 8 #1 (March 1973)

Relationships Among Running Parameters
The Push-Off Mechanism in Walking and Running
The Foot and Running (Physiological View)
On the Track With Ludmila Bragina
More on the Relationships Among the Three Weightlifting Events
Measuring Time, Pathway, Speed and Acceleration in the Barbell Lift
Vitamin E Content in Relation To the Season and Level of Physical
Loads
A Mechanical Device for Training Fencers
Recent Titles

VOLUME 8 #2 (June 1973)

Motor Development in Pre-School and School Age Children (Physical Education)
Optimal Combinations of Various Muscular Work Regimes (Weightlifting)

Alexander Barishnikov in the Shot Put
A High Start? (Track)
Foot Arch in Soccer Players During Play in Various Conditions
Recent Titles

VOLUME 8 #3 (Sept 1973)

Programmed Learning of Vertical Turns in Gymnastics and Ballet
Nutrition of a Runner
Faina Melnik and Ardjhentina Menis Throw the Discus
Biostructure of the Contemporary Press (Weightlifting)
Should Children be Taught to Run?
Training the Gymnast's Vestibular Apparatus on a Small Support Base
Recent Titles

VOLUME 8 #4 (Dec 1973)

Technique and Style of Gymnastic Exercises
The Load of Several Wrestling Moves According to Heart Rate
On the Track with David Whottle and Evgeny Arzhanov
Development of Speed of Movement in Young Volleyball Players
Final Effort in the Shot Put
Recent Titles

VOLUME 9 #1 (March 1974)

Isokinetic Exercises
Breathing During the Execution of Precise Motor Acts (Basketball)
Investigation of the Running of Pre-School Age Children
A. Feuerbach and V. Voikin in the Shot Put
Influence of Anthropometric Parameters on Learning in Gymnastics
Barbell Exercises for Women Throwers
Recent Titles (Figure Skating, Basketball, Swimming, Wrestling, Rowing)

VOLUME 9 #2 (June 1974)

The Technique of Flight and Landing of the Strongest Ski Jumpers
Preparation for the World Record in the Snatch and Clean and Jerk
A Device for Recording Acceleration of the Shot Put
The World Record of Victor Saneev
Age and Olympic Success
Moment of Inertia and Angular Speed of Body Rotation (Biomechanics)
Recent Titles (Sport Psychology, Biomechanics, Track Cyclists, Skiers)

VOLUME 9 #3 (Sept 1974)

Nomogram for Calculating Physical Work Capacity (PWC 170)
Stride Length and Stride Frequency (Track)
Jumps in the Training of a Sprinter
Vladimir Abramov in the High Jump
A Study of the Kinematic Structure of the Tennis Serve
World Champion David Rigert: Technique Essentials (Weightlifting) Physiological
Features of Women and Training Loads
Recent Titles (Basketball, High Jumpers)

VOLUME 9 #4 (Dec 1974)

Posture Disorders
The Ankle Joint in Mastering Effective Weightlifting Technique
Randy Williams and Valery Podluzhny in the Long Jump
Jumps: The Take-Off Mechanism
Do You Know How to Breathe?
The Training of Bulgarian Weightlifters
Recent Titles (Gymnastics, Skaters)

VOLUME 10 #1 (March 1975)

Study of the Biodynamic Structure of Gymnastic Exercises
How Much? Or How? (Track and Field Training)
A Training Device for Development of Jump Strength
Snatch Technique of World Record Holder Pavla Pervushin
The Push-Off Mechanism (Track)
And I Await Results (Long Jump)
A Self-Coach (Physical Education)
Recent Titles (Fatigue, Throwing, Cycling, Javelin)

VOLUME 10 #2 (June 1975)

The Logic of Sports Training
Determining the Amount of Lean by a Hammer Thrower in the Throws Two
Mistakes (Javelin)
Stages in the Training of Decathlons
Functional Stability (Decathlon)
More on Isometrics
In the Struggle for Speed (Volleyball)
Abstracts (Speed Skating, Gymnastics, Cycling, Vitamins, Wrestling, Hockey,
Javelin, Biomechanics)

VOLUME 10 #3 (Sept 1975)

The Modern Training System: Your System Training Loads
A Training Aid for Improving the Volleyball Spike

Over the Hurdles with A. Erhardt and V. Stefaneky
More Attention to Speed (Hurdles)
The Role of Physical Culture in Increasing Labor Productivity
Speed and Strength (Speed-Strength Training)
Abstracts (Basketball, Gymnastics, Biochemistry, Wrestling, Skiing)

VOLUME 10 #4 (Dec 1975)

Optimal Movements in Cross Country Skiing Under Certain Conditions
A Rational Model of the Classic (Olympic) Snatch
Contemporary Technique in the Pole Vault
Resistance Load and Power (Training)
Reserve Endurance (Volleyball)
Exercises for Discus Throwers
Abstracts

VOLUME 11 #1 (March 1976)

Development of Training Methods and Technique in Rowing
Strength and Technique (Track and Field)
Speed-Strength Training (Track and Field)
With Two Balls: Exercises for Improving the Pass (Set) in Volleyball
A Hit on the Puck (Ice Hockey)
Seven Ways to Kill a Football Player (U.S.)
The End of the Crawl Stroke (Swimming)
Abstracts (Swimming)

VOLUME 11 #2 (June 1976)

A Combination Method for Studying Swimming Technique
The Effectiveness of Isometric and Electro-Stimulated Training on
Muscle Strength at Different Joint Angles
A Spiker's Actions According to Parameters of the Set
(Volleyball)
The Phasographic Method (Track)
Learn to Jump (High Jump)
A Swinging Bar for Pole-Vault Practice
Abstracts

VOLUME 11 #3 (Sept 1976)

A Graphic Portrait (Tennis)
Training the Ability to Duplicate Cyclical Muscular Work
Summer Skiing
Over the Hurdles with Victor Myasnikov
The Low Start (Track)

The Role of Competition (Training)
A Reaction Meter to Study Speed of Motor Reactions (Volleyball)
Physical Qualities and Results (Sprinting)
Abstracts

VOLUME 11 #4 (Dec 1976) (Out of Stock)*

The Preparatory Period (Soccer)
Different Regimens of Muscle Work With Equivalent Loads
The Main Thing is Speed (High Jump)
The Training of Juniors in the Hammer Throw
Training of Women Middle Distance Runners
Influence of Body Position on Strength Training Effectiveness
A National Sports Classification System for Volleyball (1973-1976)
Abstracts

VOLUME 12 #1 (March 1977)

Biometry: A New Academic Discipline in Physical Culture Institutes
Push-Off Effectiveness (High Jump)
Water Polo Dribbling
The Jerk Technique of Vasiy Alexeyev's 245.5kg World Record
(Weightlifting)
The Volleyball Serve: A Training Method
A Combination Rope (Physical Education)
The Biomechanics of Exercises
Abstracts

VOLUME 12 #2 (June 1977)

Dynamics of Muscle Strength Using Different Combined Work Regimes
A Specialized Program for Raising the Physical and Functional
Capabilities of Basketball Players
Mac Wilkins Throws the Discus
Method of Evaluating Anaerobic Workability of Volleyball Players
Muscular Activity and Biomechanical Parameters in the Shot Put
New Tables for Rating Results (Track and Field)
A Living Net (Volleyball)
Abstracts

VOLUME 12 #3 (Sept 1977)

Effect of Large Training Loads on Coordination in Weightlifters
Speed and Strength of the Sprinter
Uri Sedikh Throws the Hammer
Injury Prevention (Track and Field)

Once Again About the Free Throw (Basketball)
Attention: Error in the Pole Vault
One on One (Water Polo)
Abstracts

VOLUME 12 #4 (Dec 1977)

Planning the Load in Throwing (Track and Field)
Electrophysiological Control Over Heart Activity in Track Athletes
Use of a Phonogoniometer and A Tilting Device to Teach Diving
Energetics of Volleyball
Videocyclography for Quick Information About Exercise Technique
Perception of Speed in Cyclists (Road Racers)
Use of a Special Training Device for Young Track and Field
Athletes
Special Physical Training of Tall Basketball Players
Abstracts

VOLUME 13 #1 (March 1978)

The Optimal Structure of the Yearly Training Cycle for Cyclists Using
Programmed Control of Heart Rate
How to Develop Jumping Ability Saving Every Ball (Volleyball)
Over the Bar with Vladimir Yashchenko (High Jump)
Effect of Different Training Methods on Muscle Mass
(Weightlifting)
For Improving the Pass in Basketball
Different Work Regimes in Specialized Strength Training
Training Aids for Runners
Abstracts

VOLUME 13 #2 (June 1978)

The Main Principle of Special Physical Training of Gymnasts
The Interrelationships Among Physical Qualities, Technical Preparedness and
Sports Results in Volleyball Players of Different Ages
In Different Conditions (Soccer)
On the Track with L. Viren and K. Lopesh
Stages of Training: Long-Term Preparation of Young Runners
Analyzing the Technique of Track and Field Events
Tractive Force and Hydromechanical Resistance During Swimming
A Sharp Pass (Ice Hockey)
A Device for Training Kayak Rowers During the Winter
Recent Articles (Ice Hockey and Skiing)

VOLUME 13 #3 (Sept 1978)

X-Ray Study of the Javelin Throw
Factors Conditioning Jumping Height of Volleyball Players
Formalization of Training Loads for Computer Analysis
Anatoly Piskulin in the Triple Jump
A Fake Swing (Ice Hockey)
The Psycho-Motor System of Swimmers
Daily Regimen and Nutrition of Student Athletes
Forming the Ability to Coach a Soccer Team
Recent Titles (Cycling, Rowing and Basketball)

VOLUME 13 #4 (Dec 1978)

Factorial Structure of Special Endurance of Volleyball Players
Medical Aspects of Middle and Long Distance Running
The Training Period with Stress (Soccer)
Attention: Error in the Shot Put
Svetlana Krachevskaya in the Shot Put
A Tension Dynamometer for Measuring Force in Cables (Gymnastics)
Periods of Highest Athletic Accomplishment (Biorhythms)
In Motion: The Biological Clocks (Biorhythms)
The Main Thing is to be Ready for Competition (Biorhythms)
Systematization of Special Basketball Exercises
Recent Titles (Ice Skating, Swimming, Water Polo)

THE SOVIET SPORTS REVIEW

VOLUME 14 #1 (March 1979) (Out of Stock)*

The Scientific Basis of Weightlifting Training and Technique
Strength Preparation of Women Middle Distance Runners
Attention: Error in the Javelin Throw
A Rough Copy of a Match (Soccer)
A Throw-In to the Penalty Area (Soccer)
Blocking by Partners of Different Height (Volleyball)
Defense in Modern Volleyball: Blocking and Back-Court Coverage
Developing General Endurance (Running)
Snatch Technique of Top-Class Weightlifters
A Half-Volley Shot on Goal (Soccer)
Different Trajectories (Soccer)
Wolf gang Schmidt Throws the Discus

A Training Aid for Sprinters and Throwers
Improving the Technique of Going into the Spike (Volleyball)
A New Way of Receiving the Serve (Volleyball)
Errors in the Snatch and Jerk (Weightlifting)
Available Translated Articles

VOLUME 14 #2 (June 1979) (Out of Stock)*

Strength Training of Jumpers
Snatch Technique of Christo Planchkov
Forced Weight Reduction in Weightlifters with Use of A Sauna
Masterful Heading Technique (Soccer)
A Forward Gathers Strength (Soccer)
The "Quarterback" of a Volleyball Team
In Defense of Defense (Volleyball)
110-Meter Hurdling Styles
Thomas Munkelt and Victor Myasnikov Clear the Hurdle (Track)
Some Possibilities for Controlling Speed in Sprint Training
A Comparative Analysis of Snatch and Clean Technique (Weightlifting)
Vibrational Massage in Pre-Competition Conditioning of Weightlifters
Principles of Investigating the Work Capacity of Soccer Players
Soccer: A Flank Attack
A Setter's Warm-up (Volleyball)
Strength Training (For Women Middle Distance Runners)
Attention: Error in the Discus Throw
Don't Be Afraid of Heavy Loads (Weightlifting)
Our Secrets? Please! (Volleyball)
Available Translated Articles

VOLUME 14 #3 (Sept 1979)

Fatigue in Sports: Its Basis and Significance (Sport Physiology)
Selection of Exercises (Sprinters)
Attention: Error in the Sprints
Number of Repetitions Per Set in Lifting Exercises
Changes in Partial Loads (Weightlifting)
Biotelemetry on the Field (Soccer)
An Effective Hit (Soccer)
Technique of the Approach in Spiking (Volleyball)
The Training Program for High Level Javelin Throwers, Part 1
Technique of Crawford and Quarrie (Track)
Individualized Strength Development for Throwers Range of Attack (Volleyball)
Varying the Time of the Set (Volleyball)
Protein Needs of Highly Qualified Weightlifters

Training Young Lifters in Northern Climates
Not Knowing Fatigue: The Work Capacity of young Soccer Players
Anaerobic Capacity in Soccer Players
Available Translated Articles

VOLUME 14 #4 (Dec 1979)

Coaching, Medico-Biological and Psychological Means of Restoration
Lessons from the Asiatic School (Volleyball)
Drills for Teaching the Overhead Pass (Set) (Volleyball)
Beautiful Technique: The Low Overhead Volley Kick (Soccer)
Training Tips for Goalkeepers (Soccer)
The Optimal Starting Position in Sprinting
Technique Analysis: Alberto Juantorena (Track)
Success of Women Hurdlers
Duration of the Nonsupport Phase in the Snatch and Clean
Pre-Competition Preparation and Competition Tips (Weightlifting)
A Jump Above the Net (Volleyball)
Tips on the Sliding Tackle (Soccer)
Flank Attacks (Soccer)
The Cardioleader: A Coach's Helper (Track)
Periodization of Weightlifting Training
Psychological Stress in Weightlifting Competition
The Training Program for High Level Javelin Throwers, Part 2
Available Translated Articles

VOLUME 15 #1 (March 1980)

Psychological Preparation for Competition (Track and Field)
Weight Training for Sprinters
Relationship Between Running Pace and Heart Rate
The Volley (Goal) Kick (Soccer)
Evaluation of Preparedness (Soccer)
Defensive Tactical Preparation of Volleyballers
The Psychological "Set" in Volleyball
Clean and Jerk Technique of Valery Shary (Weightlifting)
The Effect of Different Seconds on the Competing Weightlifter
Psychological Aspects of Weightlifting Competition
Shot Put Technique Analysis: Udo Beyer
Training Program for High Level Javelin Throwers, Part 3
Who Should Play the Center Line (Soccer)
Nonstandard Solutions to the Direct Free Kick (Soccer)
Through the Olympic Prism (Volleyball)
Available Translated Articles

VOLUME 15 #2 (June 1980) (Out of Stock)*

The Suggestive Method of preparing Athletes for Competition (Psychotraining)
Self-Massage (Track and Field)
Training Program for High Level Javelin Throwers, Part 4
Types of Kicking Movements in Soccer
Goals Scored from a Distance (Soccer)
200 Meters Revisited (Track)
Jumping Technique of Sara Simeon (Track and Field)
Low-Frequency Vibro-Massage in Weightlifting Training
How to Prevent Knee Injuries in Weightlifting
All Moves Taken into Account (Soccer)
Borrowed from Pele (Soccer)
Defensive Tactical preparation of Volleyballers
Characteristics of Skilled Setters (Volleyball)
Playing Defense (Volleyball)
Speed Qualities in Young Volleyball Players
Strength Training for Sprinters
Distribution of Load Volume and intensity Throughout the Year (Weightlifting)
Correction of Technique Errors in Beginning Weightlifters by the Coach

VOLUME 15 #3 (Sept 1980)

Recovery (After Heavy Training)
Self-Massage (Track and Field)
Maximum Loads (in Middle and Long Distance Running)
Changes in Running Technique During the Yearly Cycle
Specific Effects of Different Strength Training Methods (High Jump)
A System for Evaluating Volleyball Play
We Are Continuing our Talent Search (Volleyball)
Prevention of Radiculitis in Weightlifters
Jerk Technique Analysis: David Rigert
Control Norms in Assistance Exercises for Weightlifters
Under Tight Marking (Soccer)
Developing One's Feint (Soccer)
Before the Match (Pre-Game Coaching in Soccer)
Technique Analysis of Miklos Nemeth in the Javelin Throw
A Track for Formation of Stride Length and Frequency
Fast, Faster, and Faster (Volleyball)
Reliability Criteria (Volleyball)
Problems in the Discus Throw

VOLUME 15 #4 (Dec 1980) (Out of Stock)*

Some Biochemical Aspects of Diet for Athletes
Overcoming the Inertia of Rest (Volleyball)
A Triple Block (Volleyball)

Home Assignments in Soccer
An Attack from the Air (Soccer)
The Leather Ball-78 (Soccer)
Long Jump Technique Analysis: Bardauskene and Tsepelev
Prevention of Injuries in Jumpers
The Take-Off in the High Jump
Strength Training for Women Middle Distance Runners
Stride Length and Frequency in Long Distance Runners
The First Steps in Volleyball
My Training Experience (Alexseyev—Weightlifting) , Part 1
Variations in the Execution of Weightlifting Exercises
Recovery in the Training of Weightlifters
Searching for Weightlifters in the Lightweight Categories
The Most Cheerful Team (Volleyball)
Available Translated Articles

VOLUME 16 #1 (March 1981)

Heart Overstress
Heat Baths in Restoration and Increasing Functional Reserves of
the Body
Specialized Strength Training (Track and Field)
Jerk Technique of World Recordholders Alexeyev and Bonk
A Good Coach Makes a Good Club: Beginning Weightlifting
A Low-Calorie Diet for Weightlifters Regulating Body Weight
Helena Fibingerova Puts the Shot
Improving the Training of Middle and Long Distance Runners
Speed-Strength Exercises for Middle and Long Distance Runners
Talent Selection in the Sprints
The Pass of Kadzuko Ogava (Volleyball)
A Dialogue with a Champion (Volleyball)
A Training Device for Volleyball
Models for Improving a Volleyballer's Physical Qualities
My Training Experience (Alexseyev--Weightlifting), Part 2
Peripheral Blood Flow in Track and Field Athletes (Condensed)
Abstract: Physiotherapy with Analgetics (GDR)

VOLUME 16 #2 (June 1981) (Out of Stock)*

How to Set Up a Training Program in Speed-Strength Events
Multi-Evaluation of Endurance (Soccer)
Physical Qualities and Results in Middle Distance Running
More on the Sprint Start
Speed-Strength Training for Skilled Weightlifters
Specialized and Assistive Training Loads for Top Weightlifters
The Soviet System of Classifying Athletes

John Powell Throws the Discus
Disguising the Attack in Volleyball
From the GTO Badge to the Olympic Medal (Volleyball)
Biochemical Control in Endurance Running
Prevention of Bone-Muscle Injuries in Long Distance Runners
The Training of 17-18 Year Old Class III Weightlifters
My Training Experience (Alexseyev--Weightlifting), Part 3
Loading: The Key to Jumping in Volleyball
Strength Training for Volleyball

VOLUME 16 #3 (Sept 1981) (Out of Stock)*

The Young Heart (Cardiological Monitoring)
Attacking Combinations (Volleyball)
Jerk Technique Analysis of Nedelcho Kolev (Weightlifting)
The Training of 17-18 Year Old Class III Weightlifters
How to Set Up a Training Program in Speed-Strength Events
On the Track With Marlis Goer and Ludmilla Kondratieva
Competitive Preparation of Runners (Middle and Long Distance)
Biochemical Control in Endurance Running (Aerobic and Anaerobic Capabilities)
Improving the Defense (Volleyball)
A Volleyball Spring Leaf
In the Life of One Department (Volleyball)
Planning Special Exercises and General Physical Training During
 The Preparatory Period, Part 1 (Weightlifting)
My Training Experience (Alexseyev--Weightlifting) , Part 4
The Approach Run in the Pole Vault
Selection of Training Methods in Sprinting
Individualized Warm-Up (Sport Psychology)
The Need for Riboflavin in Student Athletes

VOLUME 16 #4 (Dec 1981) (Out of Stock)*

Monitoring Adaptation to Increased Physical Loads (Changes in
 Protein Metabolism)
Coupled Development of Special Qualities and Movements in
 Preparing Weightlifters for Important Competitions
Planning Special Exercises and General Physical Training During
 the Preparatory Period, Part 2 (Weightlifting)
The Director of the Attack (Volleyball)
Optimizing the Volleyball Workout
Oxygen Resistance of Erythrocytes in Middle Distance Runners
Special Exercises and Hurdler Ability (Ranking)
On the Track with Victor Markin
Competitive Preparation of Runners (Middle and Long Distance)
Methods of Using Vibrational Massage with Athletes

My Training Experience (Alexseyev--Weightlifting), Part 5
Heart Rate: An Indicator of a Weightlifter's Work Capacity
Successful Competitive Activities of Qualified Weightlifters
Selecting Future Volleyball Players
A Suspended Ball (Volleyball)
An Incline-Divine Track
An Hour Before the Start (Track)
Prevention of Injuries in Middle Distance Runners
Effect of Regular Training on Menstruation in Young Female Athletes
The Effect of Physical Loads on the Immune Systems

VOLUME 17 #1 (March 1982)

Restoration for Jumpers
On the Track with Baerbel Vokkel (Track and Field)
Planning the Training Loads in Sprinting
Training Methods of a High Level Weightlifter, Part 1
Snatch Technique of World Record Holder, A. Voronin
Suggestive Methods in Weightlifting (Sport Psychology)
On the Track with Mauricio Damilano (Race Walking)
Potential of Youngsters for Middle and Long Distance Running
Interrelationships Among Results in the Snatch, Technical Mastery
and Physical Qualities of Weightlifters
Snatch Technique of Weightlifters Executing Reps with 80% of
Maximum Weight
Power of Muscular Contractions Over the Course of a Day (Olympic Lifts)
Attention: Errors in the Pole Vault
Principles of Training High Level Track and Field Athletes, Part 1
Differentiated Methods of Training Sprinters (Condensed)
Functional State of the Heart of Young Athletes Using Isometric, Isotonic and
Mixed Exercise Regimes in Training
Factors Affecting Physical Capability During Sexual Maturation
Distribution of Training Loads and Means of Restoration in Preparation of
Weightlifters for Competition

VOLUME 17 #2 (June 1982)

Contemporary Psychological Preparation of Athletes
The Clean and Jerk Technique of World Record Holder Y. Vardanyan
Training Methods of a High-Level Weightlifter, Part 2
Massage: Its Essentials in Different Track and Field Events, Part 1
Tests for High Jumpers (Determining Development)
Valery Sereda in the High Jump
How to Find a Sprinter
Use of Central Electroanalgesia to Strengthen Adaptive Processes
Principles of Training High Level Track and Field Athletes, Part 2

Training Content of Weightlifters in the Preparatory Period
The Influence of Physical Activity on Work Capacity and Electrical Activity of
Muscles Over the Course of a Day
Determining Physical Preparation of Weightlifters for Competition
The Functional State of High Ranked Weightlifters
Microcycles for Young Sprinters (Speed Work)
The State of Natural Immunity in Athletes of Different Ages

VOLUME 17 #3 (Sept 1982) (Out of Stock)*

Restoration in Throwers, Part 1 (Track and Field)
Principles of Training High Level Track and Field Athletes
Muscle Activity in the Javelin Throw
Advice to Runners (Middle and Long Distance)
The Phasic Structure of the jerk from the Chest
The Progress of Weightlifters in Different Weight Classes
On the Track with Nadezhda Olizarenko (Track)
How to Find a Sprinter
The Interrelationships Between Various Parameters in Jerking the
Barbell from the Chest
Improving the Technical Mastery of Weightlifters
A Weightlifter's Two-Month Plan of Training for Competition
Massage: Its Essentials in Different Track and Field Events, Part 2
The Effect of 10-Minute Restorative Point Massage on the
Functional State of Young Gymnasts
Cardiac Rhythm in Sports Medicine
A Mouthpiece for Endurance Training
Changes in Acid Resistance of Erythrocytes in Middle Distance Runners During
Different Training Regimes

VOLUME 17 #4 (Dec 1982)

Nutrition and Sports
Restoration in Throwers, Part 2 (Track and Field)
The Training Content in the Competitive Period (Weightlifting)
Improving the Technical Mastery of Weightlifters
Directing the Training of Weightlifters
All-Round Running Preparation (Women Sprinters)
On the Track with Victor Burakov (Track)
The Women's Sprint: Training Problems
Weight Training for High Jumpers
Two Styles of Race Walking: Which is Better?, Part 1
The Training Experiences of a Young Athlete, Part 1 (Weightlifting)
Variations in Planning Weekly Training (Weightlifting)
Stress and Immunity Among Athletes
The Restorative Action of Repetitive Sauna Use

Warm-Up in Thermal Bags

VOLUME 18 #1 (March, 1983) (Out of Stock)*

Functional Reserves of Athletes (Hidden Potential)
Typical Errors in the Shot Put
Specialized Strength Training for Sprinters
The Training Experiences of a Young Athlete, Part 2 (Weightlifting)
Comparative Analysis of Clean and Pull Technique with Various Weights
The Influence of Pneumo-Vibromassage on the Neuromuscular System
Psychological Preparation of the Young Sprinter
Frank Pashik and Carl Lewis in the Long Jump
Nutrition for Track and Field Athletes
Active and Passive Flexibility of Athletes in Different Sports
The Training Load of Weightlifters 15-17 Years of Age, Part 1
Increases in Weightlifting Results and Psychomotor Personality Traits
Training of Women High Jumpers
Heat Chambers for Athletes, Part 1 (Steam Bath and Saunas Restoration)
Use of Different Weights to Develop Specialized Speed-Strength (Focus: Women's Shot Put)

VOLUME 18 #2 (June 1983) (Out of Stock)*

Restoration for Middle, Long Distance, Steeplechase and Marathon Runners and Speed Walkers
Training Weights for Snatch Pulls (Weightlifting)
Training Beginning Weightlifters 15-17 Years of Age, Part 2
Execution of Jumps for Height, (Secondary School)
Two Styles of Race Walking: Which is Better? Part 2
Sergei Litvinov Throws the Hammer
Preventing Back Pain (Eliminating Radiculitis)
Yanis Boyars in the Shot Put
Classification and Calculation of Loads in Middle Distance Running
Warm-up Massage (Track and Field)
More Attention to Quality Preparation of Weightlifters
Reliability of Weightlifters in Competition (Sport Psychology)
Nutrition for Track and Field Athletes, Part 2 (Vitamins)
The Young Weightlifter, Part 1
Exercises with Weights for Improving Hitting Speed in Young Boxers
Maintaining Optimal Weight (Focus Pre-Teen Girls)

VOLUME 18 #3 (Sept 1983)

Loads-Adaptation-Adequacy-Records (Specific Training: Track and Field)
Heat Chambers for Athletes
The Emotional State and Training Loads of Weightlifters

Resistance Used in the Training of High Level Weightlifters
Methods of Training for an Increase in Muscle Mass in Weightlifters
Measuring the Time Parameters of a Motor Movement (Track and Field)
Execution of Jumps for Height, Part 2
Training for a Quick Take-Off in Jumping
On the Track with Sebastian Coe and Steve Ovett
Restoration for Middle, Long Distance, Steeplechase and Marathon
Runners and Speed Walkers, Part 2
Changes in Muscle and Venous Blood Flow After Massage
Motor Regimes in physical Rehabilitation of Athletes with Chronic Diseases of
Internal Organs
Improving Specialized Endurance for 200 Meter Sprinters
The Young Weightlifter, Part 2
Analysis of Speed-Strength Preparation of High Level Weightlifters
Determination of General Physical Endurance of Athletes

VOLUME 18 #4 (Dec 1983) (Out of Stock)*

Periodization of Training in Weightlifting (A Base Mesocycle), Part 1
Autogenic Training for Top Weightlifters When Using Heavy Loads
Loads-Adaptation-Adequacy-Records, Part 2 (Intensity)
Speed-Strength Preparation of Future Champions (Focus: Track and Field)
Muscle Condition and Work Capacity of Track and Field Athletes
The Doctor Answers
Alexander Krupsky in the Pole Vault
Anthropometric Criteria: Economy of Running (Physical Work Capacity--PWC)
Speed-Strength Characteristics of Different Muscle Groups
Classification of Jerk Exercises According to Qualifications (Weightlifting)
The Use of Electrosleep in the Training of Qualified Weightlifters
The Young Weightlifter, Part 3
Criteria for Evaluating the Training Cycle in Weightlifting
Practical Advice to Runners
Effect of Sinusoidal Modulated Currents on the Cardiorespiratory
System and Work Capacity of Athletes
Tactics in the Sprint
Acid-Base Balance in the Blood in Athletes During Muscular Rest

VOLUME 19 #1 (March 1984)

Sport and the Heart-Vascular System
Methods of Developing Work Capacity in Volleyball Classification and Ranking of
Weightlifting Exercises Speed-Strength Preparation of Weightlifters in the Pre-
Competitive Stage
The Influence of Conditioned Reflex Sleep on the Heart Cycle After Heavy Loads
in Ski Racers
Biomechanics of the Take-Off in Running

On the Track with Anna Ambrazene
Speed and Speed-Strength Properties of Muscles and Their Relationship to
Beginning Track and Field Athletes
Periodization of Training in Weightlifting
Developing Leg Strength (Weightlifting)
The Young Weightlifter, Part 4
Regulating Body Weight by Means of a Hypocaloric Diet
Methods of Developing Speed-Strength in Young Track and Field Athletes
The Sauna as a Means of Restoration During Intense Training of Swimmers
Determination of Running Time from a Flying Start
The Doctor Answers

VOLUME 19 #2 (June 1984)

Restoration in the Sprint and Hurdles
Multiyear Preparation of Sprinters
Classification and Ranking of Weightlifting Exercises
Modeling Speed-Strength Preparation of Weightlifters
Exercises for Development of Joint Mobility in Swimmers
Use Of the Terms "Aggressiveness" and "Aggressive" Qualities (Sport
Psychology)
Edward Sarule in the Shot Put
Biomechanics of the Take-Off in Running
The Doctor Answers
The Young Weightlifter; Part 5
Body Composition and Work Capacity of USSR Weightlifters
The Post-Competitive Stage of Training Weightlifters
Methods of Developing Work Capacity in Volleyball
The Triple Jump from Place as an Exercise and as a Test
The "Express" Method (Correcting Training Loads) (Middle and Long
Distance Running)

VOLUME 19 #3 (Sept 1984)

Restoration of work Capacity of Gymnasts
Speed-Strength of Antagonist Muscles in Runners
Snatch Technique of World Record Holder U. Zakarevich
Technique and Methods of Learning Classical Exercises (Weightlifting)
Prevention of Overstress to Skeleton and Joints (Weightlifting)
Functional Disagreement (Track and Field)
Heike Daute in the Long Jump
Modeling the Training: In Speed-Strength Events (Periodization)
Use of Imitational Electrostimulation in Swimmers
An Exerciser for Sprinters
Methods of Developing Work Capacity in Volleyball
The Young Weightlifter, Part 6

Strength Exercises to Improve Flexibility of Wrestlers
Health for Everyone (Miscellaneous)
Training of Women Middle-Distance Runners
Speed-Strength of Young Speed Skaters

VOLUME 19 #4 (Dec 1984)

Speed-Strength Training of Young Athletes in Cyclical Sports
Analysis of Effectiveness of Static and Dynamic Strength Training
Speed-Strength Structure of Vertical Jumps by Weightlifters
The Desire to be Copied (Weightlifting)
Training Loads of Weightlifters
Use of Ideo-Motor Preparation of Young Gymnasts
Gennady Avedeenko in the High Jump
The Sprint and the Jumps
Strength Preparation of Middle Distance Runners
Restoration of Wrestlers In Between Competitive Bouts
The Young Weightlifter-- Part 7
Snatch Technique of U. Zakharevich
The Sprint
A Universal Shot (The Making of a Shot Put)

VOLUME 20 #1 (March 1985)

Long-Lasting Training Effect of Strength Exercises
Content and Structure of Stimulated Explosive Isometric Effort
Use of Restorative Massage in Training Basketball Players
Means of Restoration in Training Speed Skaters
Training Loads of Weightlifters in Different Categories
Factors Which Influence Competitive Reliability of weightlifters
Tests for Children 6-9 Years of Age (Motor Control)
Natalya Lisovskaya in the Shot Put
Bases for Using Different Weights in Preparation of Sprinters
Nutrition of Track Athletes Specializing in Endurance Events
The Sprint
Methods of Developing Work Capacity in Volleyball
Age Changes in Muscular Strength and Speed-Strength Qualities
The Young Weightlifter, Part 8
The Dikulya Exercises for the Back
Improvement of Strength in Young Track and Field Athletes

VOLUME 20 #2 (June 1985)

Prevention of Injury
Lymphatic Circulation During Physical Loading
Improving Speed-Strength and Endurance in Wrestlers

Relationships in Classical and Supplementary Exercises (Weightlifting)
Relationships in Dynamic Structure and Neuro-Dynamic Essentials (Weightlifting)
Training Loads of Weightlifters in Different Categories
The Sprint
Components of the Fosbury Flop (High Jump)
On the Track with Ekaterina Fesenko
The Training Loads of Young Throwers
Nutrition of Track Athletes Specializing in Endurance Events
Methods of Developing Work Capacity in Volleyball
The Long-Lasting Training Effect of Strength Exercises
The Young Weightlifter, Part 9
Means of Restoration in the Training of Speed Skaters
Height and Physical Loads

VOLUME 20 #3 (Sept 1985)

Monotony in Sport and Its Prevention Through Music
Regulation of Weight (Nutrition)
Lesson Plans for Base Mesocycle in Preparatory Period (Weightlifting)
Maintaining the Training Effect During Work Stoppage
Effectiveness of Using "Lightened Leading" for Sprinters
Execution of High Strength Load Volumes (Sprinters)
Over the Bar Sergei Bubka
The Long and Triple Jump (Youngsters in second Year of Training)
Body Composition and Physical Work Capacity of Weightlifters
Weightlifting, Part I
The Young Weightlifter, Part 10
Methods of Developing Work Capacity in Volleyball
The Side Effects of Vitamins
Speed

VOLUME 20 #4 (Dec 1985)

Nutrition of Athletes in Speed-Strength Events
Use of Natural Stimulants to Increase the Fitness of Athletes
Specialized Physical Preparation of Gymnasts in Support Jumps
The Use of Non-Standard Exercises in Multiple Barbell Lifts
The Factor of Individuality and Result Producing Activity (Weightlifting)
Preparation of 400M Runners
Over the Hurdles with Vera Akomova and Nadezhda Korshunova
The High Jump: A Review of Scientific Studies
The Long and Triple Jumps (Youngsters in Second Year of Training)
Weightlifting, Part 2
The Young Weightlifter, Part 11
Sports Preparation of Women, Considering Adaptation to Great Loads
Methods of Developing Work Capacity in Volleyball

Use of Hyperbaric Oxygenation for Restoration of Swimmers

VOLUME 21 #1 (March 1986)

An Automated System of Medical Control of the Functional Condition of the Body

Sexual Dimorphism of Several Morphofunctional Indices and Sports

Achievement in Swimming

Feedback in Training (Track and Field)

Rates of Result Increases in Weightlifters Having Different Personality Traits

(Sport Psychology)

Breath Holding as A Factor in the Display of Maximum Muscle Strength

(Weightlifting)

Why Does Running Speed Drop?

Galena Murashova Throws the Discus

Prognosis of Sports Results According to Indices of Intensity of the Weightlifters'

Training Loads

Variations of Speed-Strength Movements During the Day

Changes in the Psycho-Physiological Indices in Using Different Techniques of

Sports Massage

Development of Strength Endurance in Young Long-Distance Runners in the

Yearly Cycle of Training

Nutrition of Athletes in Different Sports

Methods of Developing Work Capacity in Volleyball (Psycho.Preparation)

Weightlifting, Part 3 (Strength)

Specialized Sprint Exercises on A Training Aid

The Young Weightlifter, Part 12 (Development of Strength)

VOLUME 21 #2 (June, 1986)

Physiological Mechanisms of Increased Muscular Work Capacity Under the

Influence of Local Decompression

Restoration: The Natural Way

A Test for the Shot Put (Accuracy and Distance)

Increase in Motor Qualities Following Static Work

A Training Device for Runners

Complex Use of Training and Restorative Methods in the Preparation of Long-

Distance Runners

Optimizing the Breathing and Movement Phases in the Snatch and Clean and

Jerk in Weightlifting

To Have Endurance

Tonus of the Quadriceps Femoris Muscle in Athletes After an Operation on

Miniscus Damage in the Knee

Galina Chistyakova in the Long Jump

Exercise in the Isometric: Static Regimes in the Training of Weightlifters

Speed-Strength Preparation and Development of Strength Endurance of Athletes

in Various Specializations

Training the Middle-Distance Runner
The High Jump: Errors in Technique
The Young Weightlifter, Part 13
Metabolic Shifts in the Body Under the Influence of Training Loads in
Weightlifters
Gray Matter Asymmetry in Mutually Tied Activity of Weightlifters in the Jerk with
the Square, Split and Half Squat Stances
Changes in Arterial Pressure in Weightlifters
Evaluation of Pre-Start Emotional Excitation of Fencers

VOLUME 21 #3 (Sept 1986)

The Aim of Training: The Competitive Model (Sprint)
Contemporary Sprint Technique
Training Direction and the Diet of Athletes
The Higher You Jump
Speed-Strength Preparation and Development of Strength Endurance of Athletes
in Various Specializations, Part 2
Specialized Exercises for High Jumpers
The Influence of Different Forms of Massage on the Psyche-Emotional State of
Athletes
Willie Banks in the Triple Jump
Technique of the Barbell Lift by World Record Holder O. Mirzoyan
Physiological Action of the Sauna on Young Athletes
Specialized Exercises for Hurdling
Weightlifting, Part 4 (Physiological Aspects)
The High Jump: Errors in Technique, Part 2
Use of Heart Rate for Control Over Training Loads
The Young Weightlifter, Part 14 (Development of Flexibility)

VOLUME 21 #4 (Dec 1986)

Evaluation of Functional State of Nerve-Muscle System in Restoration of Work
Capacity
Change in Balance of Trace Elements in Athletes Under Influence of Alcohol
Use of the Vacuum Massage
Traumatism and Sick Rate of Support-Motor System in Track and Field Jumpers
Fosbury Flop: Basic Structure of Take-Off
Predicting the Ability of Young Athletes for Hurdles
Psychological Essentials of Technical Improvement in Speed-Strength Events in
Track and Field
Combined Use of Training and Restorative Methods in Preparation of Long-
Distance Runners
On the Track with Marina Zhirova and Elena Vinogradova
Nutrition of Cyclists During Long Road Races
Aim of Training: The Competitive Model (Sprint)

Weightlifting, Part 5 (Different Regime of Exercise Methods)
Contemporary Sprint Technique
The Young Weightlifter, Part 15
Weightlifting (Supplementary Exercises)
Determination of Norms for Control of Physical Preparation (Weightlifting)
Effect of Different Physical Loads on Several Factors in the Urine of Speed
Skaters
Study of Energy Expenditure and Factual Nutrition of Weightlifters in Republic of
Cuba

VOLUME 22 #1 (March 1987)

Restoration of Physical Work capacity of Athletes After Long Periods of Inactivity
Basic Methods of Strength Preparation
How Throwers Should Train
Nutrition During the Time of Tournaments and in the Restorative Period
Learn to Jump
Improving Specialized Endurance in Boxing Taking into Consideration the
Physiological Direction of the Training Loads
Robert Emmiyan in the Long Jump
The Shot Put and Discus (Second Year of Training)
Advice to Coaches: Mistakes and Extremes in Gymnasts' Nutrition
Increasing Mental and Physical Work Capacity of Athletes Under
the Influence of Small Doses of Ultraviolet Rays
Weightlifting, Part 6 (Methods of Training)
Training Massage During Contemporary Sports Loads
The Young Weightlifter, Part 16
Functional Asymmetry (High Jumpers)
Evaluation of Microcirculation by Conjunctival Biomicroscopy in Children During
Adaptation to Maximum Physical Loads

VOLUME 22 #2 (June 1987)

The Diet of the Long-Lived and Nurmi
A Differentiated Effect on the Restorative Processes of Wrestlers in the
Competitive Period
Musical Accompaniment in Physical Culture in Sport
Weightlifting, Part 7 (Development of Physical Qualities)
Restoring Athletic Work Capacity by Physical Factors
Excerpts from Training Aids and Specialized Exercises in Track and Field
On the Distance with Sabina Bush
Biomechanical Foundations in the Prevention of Injuries to the
Spinal Lumbar Region During Physical Exercise Training
Excerpts from Advice to Runners
Light Multivibration as a Means of Medical Control
Basic Methods of Strength Preparation

The Shot Put and Discus (Second Year of Training)
Prevention and Treatment of Osteochondrosis
The Progressive Method of Training Cyclists

VOLUME 22 #3 (Sept 1987)

The Athletes' Skeletal Adaptation to Physical Loads
Running Endurance (Biological Aspects)
Essentials of Nutrition for Athletes

Massage as a Means of Treating Aggravated Osteochondrosis of the Spine in
the Training of Athletes
Developing Arm Push-Off Skills of Young Gymnasts
The Marathon (Precompetitive Preparation)
Maris Bruzhiks in the Triple Jump
Excerpts from Training Aids and Specialized Exercises in Track and Field
Biomechanical Foundations in the Prevention of Injuries to the Spinal Lumbar
Region During Physical Exercise Training
Weightlifting and Methods of Teaching
Weightlifting, Part 8 (Development of Physical Qualities)
Optimizing the Training Process of Weightlifters in Time Zone Adaptation
The Morphofunctional Disturbance of Venous Hemodynamics of the Lower
Extremities in Athletes

VOLUME 22 #4 (Dec 1987)

The Components of Sports Preparation
Determining the Weight of Supplementary Training Weights in Relation to
Individual Reactions of the Foot Arch in Young Athletes
The Athlete's Diet
Use of Underwater Stream Massage and Hydroelectric Baths in Restoration of
Boxers
The Effect of Year-Round Training on Central Hemodynamics and Gas
Exchange in Highly Qualified Throwers
Biomechanical Foundations in the Prevention of Injuries to the Spinal Lumbar
Region During Physical Exercise Training
The Exchange of Several Microelements and Preventing Their Deficit in the
Athlete
Sergei Smirnov and Wolf Timmerman in the Shot Put
The "Start" Training Device (Sprinters)
Middle and Long-Distance Runners
Hurdle Exercises in the Training of Track Athletes
Essentials of Nutrition for Athletes
Weightlifting, Part 9 (Load Intensity)
Several Bases on the Methodics of Training Weightlifters
From the Experiences of Preparing K. Osmonalieva (Weightlifting)

VOLUME 23 #1 (March 1988)

Products of High Biological Quality in Gymnasts' Diets
Intensification of Educational-Training Process by Means of Regulating the
Training Task
Exchange of Microelements and Preventing Its Disturbance in Athletes in the
Younger Ranks
Muscular Corset (Lumbar Region)
Structural-Functional Reserves of the Immune System
Interval Training for Increasing Specialized Work Capacity of Boxers
Exercises for the Development of Physical Qualities (Shot Put)
School of Height, Part 1 (Exercises to Increase Stature)
Romas Ubartas and Georgi Kolnootchenko Throw the Discus
The Sprint: Second Year of Training--Precompetition Preparation
Excerpts from "Advice to Runners"
From the Experiences of Preparing K. Osmonalieva, Champion of the XXII
Olympic Games (Weightlifting)
The Application of Functional Music in the Training Sessions of Weightlifters
Weightlifting, Part 10 (Barbell Lifts)
Several Bases on the Methodics of Training Weightlifters
Development of Speed in Young Volleyball Players

VOLUME 23 #2 (June 1988)

Sports Stress, Trainedness and Endurance
Mechanical Loads and Prevention of Injury to the Spinal Column During
Execution of Strength Exercises by Girls Participating in Rowing
Determining the Effectiveness of Restorative Massage in the Training of Cross-
Country Ski Racers
Breath Holding as a Factor to Assist a Sprinter's Starting Reaction
Correction of an Athlete's Food Rations During Intensive Thermal and Physical
Loads
School of Height, Part 2, (Flexibility Development)
The Training Loads of Young Runners (Middle Distance)
The Sprint: Second Year of Training-Precompetition Preparation
Linear Dimensions and Volume of the Heart in Young Athletes with Different
Specializations
Stefka Kostadinova in the High Jump
Changes in Electrical Activity and Muscle Strength After Physical Exertion
Performed at Different Times of the Day
The Training Characteristics of Weightlifters
Recovery of Work Capacity in Weightlifters
Weightlifting, Part 11 (Sequence of Training, Exercise)
Specialized Exercises for Learning and Training in the Hammer Throw
Injury Prevention in Track and Field

Controlling Fencers' Psychological Pre-Contest Training
The Use of Neat Measuring Devices for Evaluating the Functional State of the Athlete

VOLUME 23 #3 (Sept 1988)

Adaptation (Effect on Sports Performance)
Running: Adapt the Method to the Athlete
Exercises on an Exercise Bench
Knee Rehabilitation
Central Analgesia in sports Practice
Threshold Pain Stimulation of the Dermal Pain Zone in the Complex Treatment of Sports Injuries
Excerpts From the Coaches' Track and Field Book
Sprinters from the GDR
The Effect of Sports Training (Endurance and Speed-Strength) on the Muscle-Fiber Composition of Skeletal Muscles in Man
Point Massage in Restoration of Sports Work Capacity
Improving Weightlifting Training with Immediate Feedback Concerning the Functional State of the Neuro-Muscular System
Individual Characteristics of Adult and Young Weightlifters
Comparative Characteristics of the Interrelationship Between the Dynamic Structure of the Snatch and Clean and Athletes' Neurodynamic Characteristics
Weightlifting, Part 12 (Musculo-skeletal and Circulatory)
The Foundation of Mastery (Basketball, Preparation)
Vitamin Supply, Iron Status and the State of the Nonspecific Resistance System in Athletes of Different Ages and Sexes
Long-Term Dynamics of Absolute Pulling Strength (Dry-Land and Water) in Crawl-Stroke Swimmers

VOLUME 23 #4 (Dec 1988)

Some Problems in Women's Sports from A Medical Standpoint: A Survey
Book Review: "Circuit Training"
Periodization of Sports Training
Correlations Between Speed and Strength in Cyclical Locomotions
The Complex Use of Restorative Means in Different Stages of the Annual Training Cycle
The Discus Throw: Problems, Training, Planning
Excerpts from the Coaches' Track and Field Book
Vitamins in the Diet of Student-Athletes
On the Distance with Said Aouita
Do Long-Distance Runners Need Strength? A Strength Training Program for Long-Distance Runners
Progress is Possible (Track, Endurance Training)
Pre-Start Warm-Up (Track)

Weightlifting, Part 13 (Breathing Characteristics)
On What Should Preparation of Olympians be Based?
A Waist-Corset for Decreasing the Risk of Injury to the Spine When Lifting
Weights and Doing Strength Exercises
Characteristics of Contemporary Snatch Technique
Excerpted from "Weightlifting and Methods of Teaching"

VOLUME 24 #1 (March 1989)

The Distribution of the Training Load Throughout the Yearly Training Cycles of
Athletes
Evaluation of Vitamin Provision of Athletes
Biological Principles in the Body's Adaptation to Training Loads
General Developmental and Specialized Jump Exercises in the Training of Ice
Skaters
The Discus Throw: Problems, Training, Planning
Exercises for the Abdominal Muscles
On the Track with Ingrid Christiansen
Progress is Possible
Steam Baths
Excerpts from the Coaches Track and Field Book, Part 3
Concerning the Selection of Methods for Developing Speed-Strength
School of Height, Part 3
Weightlifting, Part 14
The Sprint: The Training Characteristics of Men and Women

VOLUME 24 #2 (June 1989)

The Training Loads of Young Runners
The Use of Sinusoidal-Modulated Currents in Traumatic Joint Injuries
Weightlifting, Part 15
Working with Teenagers
Medico-Pedagogical Aspects of Preparing High Level Boxers
Exercises with Weights in specialized Physical Preparation of High Level
Gymnasts
Concerning the Speed-Strength Preparation of Swimmers
Hinka Zagorcheva in the 100-Meter Hurdles
Some Methodical Aspects of Using Warm-Up Massage for Wrestlers
Weightlifting Injuries and Their Prevention
The Discus Throw: Problems, Training, Planning
School of Height, Part 4
Questions on Men's and Women's Sprinting
All-Sided Preparation of Young Athletes in Cyclical Type Sports (Swimming)
Variations in Alternating Resistance When Developing Speed-
Strength in Young Boxers

The Significance of the Blood Acid Base Balance in Athletes with Various Training Orientations
Classification of Food Proteins and Some Problems in Nutrition

VOLUME 24 #3 (Sept 1989)

Muscle Condition and Work Capacity in Track and Field Athletes
Exercises for Teaching Long-Jump Technique
The Sprint-Structure and Content of Year-Round Training
The Discus Throw: Problems, Training, Planning
Reflections Concerning the Sprint
Self-Management Techniques for Weightlifters
Characteristics of Contemporary Clean Technique (Weightlifting)
Pole vaulting Technique: Grigory Egorov
School of Height, Part 5
Strength: Methods of Developing
Scientific Methodical Aspects of Long-Term Strength Training in Swimmers
Using a Sauna for Prevention and Rehabilitation of Muscle Injury in the Support-Motor System in Athletes
Specialization or Universalism? Universalism!
The Ratio of Different Skeletal-Muscle Fiber Types as a Factor Influencing Endurance Training
The Problem of Selecting Talented Children for Sports Training
The Immediate Training Effect of Anaerobic Loads
Using Autosuggestion in Diving
The Effect of Various Recovery Methods on the Acid-Base Balance of the Blood in Connection with Muscle Activity
A Method of Determining an Athlete's Functional State by Electropuncture Diagnosis

VOLUME 24 #4 (Dec 1989)

Game Exercises for Attention
Specialized Sprint Training
State of the Cardiovascular System Among Ranked Cyclists in Various Climato-Geographical Regions of the USSR
The Harmony of Training: The Training of Long-Distance Runners
A Method of Increasing Stride Length by Using Reference Points
Speed-Strength Training for Jumpers
The Link Between Precise Movements, Voluntary Control of Breathing, and the Creation of Firm Stabilization
Zigrun Wodars and Kristina Wachtel on the Track: Technique and Methods
100 Meters in 9.83: The Birth of a Record
A Study of the Visual Functions and Hydrodynamic Indices of the Eye in Weightlifters During Training Conditions
Secretory Adaptation to Muscle Activity by the Stomach and Pancreatic Gland

Fundamental Means of Strength Training for Boxers of Different Ages and Qualifications
Distributing the Strength-Oriented Training Loads of Cross-Country Skiers During the Stage of Snow Training
An Investigation of the Effect of Individual Variants of Sports Massage on Muscular Blood Circulation
Lumbar Pain
School of Height, Part 6

VOLUME 25 #1 (March 1990)

Psychology and Training
Jumps in Grades 4-10: General Teaching Guidelines
Systematizing the Workloads of Runners and Racewalkers
Restorative Massage for Decathlons Following Speed Training
Strength Training for Ski Jumpers
The Sprint: Theory and Practice
Analysis of the Composition of Skeleto-Muscle Fibers in Rowers' Muscles
Do Gymnasts Need to Develop Aerobic Capacity?
Shot Put Technique: Gunther, Andrei and Brenner
A Training Device for Overcoming the Defensive Motor Reactions of Weightlifters
The Sprint: Model Weekly Cycles
The Influence of the Shock Method of Training on the Electromyographic Parameters of Explosive Effort
The Effect of Massage on Athletes' Cardiorespiratory Systems (Clinico-Physiological Research)
The Harmony of Training: The Training of Long-Distance Runners--Part 2
Restoration in Sprinting and Hurdles
School of Height--Part 7
Complex of Exercises With Dumbbells for Women With Excessive Weight
Principles of Bodybuilding

VOLUME 25 #2 (June 1990)

The Endurance Problem and Prospects for New Approaches to Solving It
Sprint Training
Training Methods for Physical-Education Classes With Pre-School Children
A Biomechanical Analysis of the Technique of the World's Top Female High Jumpers
The Effect of One-Time Muscle Loads of Varying Intensity and Duration on the Iron, Copper, and Manganese Balances in Athletes
Developing Physical Qualities in Elite Cyclists
Preventing Myocardial Dystrophy in Athletes
Nutrition for Distance Cyclists
Linford Christie's Running Technique
The Sprint: Wherein Lie the Sources of Failure?

Soft Tissue Knee Injuries
Immune Indices and Specific Protein Content in Athletes' Blood Plasma and their Dynamics Under the Influence of Electromagnetic Diametric Waves
The Adaptogenic Effect of Paravertebral Electropuncture Massage During Sub-Maximal and Maximal Physical Loads
Economization of Motor Functions in Sprinting
The Influence of Different Levels of Initial Muscle Tension on the Manifestation of Explosive Isometric Muscle Contractions
Running and Injuries
The Sprint: Nontraditional Means of Training (A Review of Scientific Studies)
Improving the Technical Preparedness of Young Swimmers by Using Strength Training

VOLUME 25 #3 (September 1990)

Principles of Sports Training
Lower-Extremity Strength Asymmetry In Sprinters
The Effectiveness of Weightlifting Training Using Special-Auxiliary Exercises Performed with Differing Amounts of Resistance
The Hammer Throw: Evolution and Perspectives
Developing Anvil-Bearing Strength
Steeplechase Training: The Pre-Competitive Phase
The Influence of Competitive Factors on Differentiation of Muscular Efforts
Does a Runner Need Strength?
Jordanka Donkova and Kornelia Oshkenat: Hurdling Technique
An Alternative to Barbells: An Alternative-Asymmetrical Method of Developing Strength and Speed-Strength in Young Track and Field Athletes
Loads and Periodization of the Training Process of Young Athletes During Individual Phases of Multi-Year Preparation in Cyclical Endurance Sports
Proteins, Fats, Carbohydrates: Concerning Effective Balanced Nutrition, Popular Misconceptions. and the Goals and Tasks of Sports Nutrition
The Science and Practice of Fitness Running: A Review of Scientific Writings on Problems of Fitness Running
Sprint Training--Part 2
The Main Weapon
Means of Restoring Sports Work Capacity in Fencers
The Means and Methods of Developing Endurance
A Word About Ideomotorics

VOLUME 25 #4 (December 1990)

Train for Balance
The Means and Methods of Developing Endurance--Part 2
Treating Calf-Muscle Cramps with a Simple Physical Exercise
Some Methods of Optimizing the Correlation Between Physical and Technical Preparation in Qualified Athletes in Speed-Strength Sports

Healthful Nutrition: Reality and Fads
Questions and Answers About Women's Sprinting
Does a Runner Need Strength?--Part 2
A Study of the Speed Potentials of Speed-Skaters (Sprinters) for the Purpose of
Increasing Their Competitive Reliability
Questions From the Readers
Jackie Joyner Jumps
Medical Advice
The Hammer Throw: Evolution and Perspectives--Part 2
Secrets of Long Jumps: Modern Tendencies in the Training of High-Ranking
Long Jumpers
The Means of Sports Training
Recovery Following Hockey Injuries
Sprint Training--Part 3
Knee-Joint Mobility
Bodybuilding Training Principles
A Doctor Replies
Training Load Volumes and the Length of the Sports-Form Cycle
Body Building--A New Mode?

VOLUME 26 #1 (March 1991)

Strength Training Methods for Cyclists
A Doctor Replies
An Operative Method of Assessing Athletes' Psychological States
The Javelin for Decathlons
Hockey Training During the Preparatory Period
The Methods of Sports Training
Specialized Nutrition for Athletes
Ellina Zvereva Throws the Discus
How Do the Exercises Sound?
Jumping Exercises for Skiers
To Train a Runner: The Preparation of Young Runners in Sports
Schools and What a Coach Should Take Into Account
Questions from the Readers (Periodization)
Injuries and Their Prevention (Weightlifting)
How To Structure Training
Recommendations on Technique in Fitness Walking and Fitness Running
Do Runners Develop Strength?
Daily Variations in Muscle Tonus and Their Correlation With Strength Indicators
Developing and Compensating for Intense Exercise Induced Fatigue
The Color-Discrimination Function in Boxers' Eyes in Competitive Activity

VOLUME 26 #2 (June 1992)

Why Injuries Occur and How To Prevent Them

Strength Training Methods for Cyclists
Concerning One of the Concepts of Improving High Jumpers
Controlling Body Weight (Weightlifters)
How To Structure Training
Sprinting: Visual Evaluation of Technique
Specialized Nutrition for Athletes
Elizavet Chernyshev
Types of Acrobatic Workouts
Hockey Training During the Preparatory Period
Recommendations on Technique in Fitness Walking and Fitness Running
Injuries and Their Prevention (Weightlifting)
Hypnoideomotor Training for Athletes
Running Training for Sprinters
Potentials for Individualizing Training
Respiratory Adaptation of Children and Teenagers to Sports Stresses
Questions from the Readers (Speed-Strength Training)
Relay Racing

VOLUME 26 #3 (September 1993)

Sprinting Technique Through a Coach's Eyes
Maintaining and Restoring Neuro-Psychological Freshness
Physical Preparation (Wrestling)
Nutrition and Physical Work Capacity in Young Athletes
An Athlete's Immediate Psychological Preparation for Sports Activity
Strength Training: 400 M Hurdles
Use of a Computerized Cycling Training Device in Training Women Road
Cyclists
Pharmacology and Restoration
Middle-Distance Running: Speed-Strength Training
Steve Buckley and Victor Zaitsev: Javelin Technique
The Use of Specific Resistance in Highly Qualified Swimmers' Strength Training
Steeplechase Training
Temporary Acclimatization
Dynamics of Physical Development and Functional State in Women
Students Involved in Fitness Running and Rhythmic Gymnastics
Fitness Exercises Before Schoolwork
Increase in Results in weight Lifters by Differentiated Self- Appraisals of
Personality Traits
The Effect of Flat Feet on Venous Hemodynamics of the Lower Extremities in
Athletes
Respiratory Adaptation of Children and Teenagers to Sports Stresses
How to Structure Training
The Psychological Characteristics of an Athlete's Mobilizational Readiness
The Science and Practice of Fitness Running: Abstracts of Dissertations
Questions From the Readers

VOLUME 26 #4 (December 1991)

Trauma--Its Causes and Prevention
The Dynamics of Punching Technique and Speed-Strength in Young Boxers
Running With a Parachute
Ergometric Characteristics of Table Tennis
Physical Preparation (Wrestling)
The Dynamics of Explosive Power Indices in 9-12 Year-Old Boys
Acu-Application Massage: A New Resource in the Training of Track-and-Field Athletes
Middle-Distance Running: Speed-Strength Training
Zinc and Silicon Metabolism in Athletes Under Heavy Workloads
How to Strengthen Your Legs
Abstract: Using Morning Exercises to Improve Students' Mental Work Capacity
A World-Record Holder's Advantage (Petra Felke)
A Soccer Player's Muscles
Fatigue-Induced Changes in Sprinting Technique
Some Principles of Constructing the Yearly Training Cycle in Speed-Strength Sports
Assessing Neuromuscular Speed and Speed-Strength in Boxers
The Sprint: From A to Z
Monitoring and Self-Monitoring of Physical Condition During Physical Training
Sight-Estimation in Soccer Players and its Role in Mastery of Sports Technique
Abstract: Using Pectin to Aid Post-Exercise Recovery in Cyclists
Questions From the Readers

THE FITNESS AND SPORTS REVIEW INTERNATIONAL

VOLUME 27 # 1

The Brain and Muscle Action
Nutrition and Athletic Work Capacity
The Intricacies of Stretching
SKILL LEARNING: When is an Exercise Truly Learned?
TRAINING PRINCIPLES: Adaptation
What Determines Strength?
Injuries in Track And Field
Physical Qualities and Their Development
BOOK REVIEW: Sports First Aid
Physical Training and Cold Sensitivity
The Heel Hit
Jumping Technique Of Michael Conley and Oleg Sakirkin
Overtraining

SPORTS MEDICINE: Playing With Pain
EXERCISE: Reverse Sit-Ups
KID'S KORNER: Children and Sports
Progressive Overload?
Some Principles of Constructing the Yearly Training Cycle in Speed-Strength
Sports
BASIC SKILLS: Throwing--Using Your Hips
MISCONCEPTIONS: Breathing in Exercise
INNOVATIVE EXERCISES: Hand Grip
Types of Overtraining
The Effectiveness of Training Methods in Improving Special Endurance in Soccer
Players
Stability in Weight Training
Loadless Training
BOOK REVIEW: Science of Coaching Swimming
QUESTIONS FROM THE READERS

VOLUME 27 # 2

Using Products of High Biological Value in Athletes' Diets
Fatigue
The Effectiveness of the Continuous and Repetitive Methods of Training Young
Athletes
Strength Training and Muscle Tension
The Principles of Biochemical Adaptation in the Sports Training Process
Music--Before Starting
Developing Strength in Young Gymnasts
Ludmila Narozhilenko Running the Hurdles
The Adaptive Mechanisms of Muscle Fibers to Exercise and Possibilities for
Controlling Them
Injury Prevention
Hybrid Exercises
What's New in Pole Vault Technique
The Need for Balance
Test Your Balance
Pre-Competition Preparation for the Decathlon
Vibrational Devices
The High Throw? A New Event
The Effect of Massage on Microcirculation in Athletes' Musculo-Skeletal Injuries
EXERCISE : Back Raises
SKILL LEARNING: Repetitions
TRAINING PRINCIPLES: The Safety Principle
MISCONCEPTIONS: Abdominal Exercises
INNOVATIVE EXERCISES: Ulna and Radial Flexion
BOOK REVIEW: Strength and Power in Sport
KIDS KORNER: Strength Training for Youngsters

BOOK REVIEW: Textbook of Science and Medicine in Sport

VOLUME 27 # 3 (JUNE 1992)

General Aspects of the Sports Training System

The Concept of Symmetric Training

How Hard Are You Training?

How to Harmonize a Runner's Aerobic And Anaerobic Capacities

Obstacles to Effective Training: The Copy Cat Error

The Morning Run

The Effect of Turpentine-Oil Baths on Athletes' Cardio-Respiratory System

Functioning

Muscles May Not Protect

A New Way of Training

A Flat Back

Nutrition for Performance

Is Seated Exercise Safer?

Rotational Power

The Wealth of Isometrics

Oxygen Debt?

The Principles of Biochemical Adaptation in the Sports Training Process

Sugar for Energy?

Fundamentals of Throwing

Diagnosis, Treatment, and Prevention of Lumbar Vertebral Osteochondrosis in

Young Cyclists

TRAINING PRINCIPLES: The Overload Principle

KID'S KORNER: When to Start Training?

BOOK REVIEW: Sport Stretch

SKILL LEARNING: The Need for Excellent Demonstrations

MISCONCEPTIONS: The Deadlift to Train the Lower Back

EXERCISE OF THE MONTH: Leg Extensions

INNOVATIVE EXERCISES: Roto Bar Curls

Book Review: Endurance in Sport

Questions from the Readers

VOLUME 27 #4 (AUGUST 1992)

General Aspects of the Sports Training System

Rules of Treatment

The Cardiovascular Doctrine

The Effect of Rapid Weight Loss and Enrichment of the Diet With Trace

Elements in Athletes

The Ankle Joint in Running

"Hardening" Running and Vascular Reactions

Bodybuilding Anorexia?

Means and Methods of Preventing Musculo-Skeletal Injuries in Speed-Strength Sports

The Myth of Isolation

Lifting, Belts and Breathing

Safety in the Health Club

How Varying Doses of Trace Elements and Combining Them With Other Biologically Active Substances Affect Iron, Copper, and Manganese Metabolism in High Level Athletes

Pelvic Tilt?

The Aftermath of Early Sports Specialization for Highly Qualified Swimmers

High Carbohydrate Diets and Slimming

The Suggestibility of Weightlifters and Their Capacity for Goal-Oriented Autosuggestion

Is Lactic Acid a Toxin ?

Foot Mechanics

Age Differences in Establishing and Maintaining Skill in Middle and Long-Distance Running

Temporary Immunodeficit Caused by Exceptionally Large Physical and Emotional Loads

How Six-Month Vitamin Supplementation Affected Six-Year-Old Pupils' Mental and Physical Work-Capacity

KIDS KORNER: Learning Technique

SKILL LEARNING: The Role of Technique

TRAINING PRINCIPLES: Progressiveness

INNOVATIVE EXERCISE: Three-Way Squat

OBSTACLES TO EFFECTIVE TRAINING : Heavy Weights

EXERCISE OF THE MONTH: Knee Curls

QUESTIONS FROM THE READERS: Methods of Training

VOLUME 27 #5 (Out of Stock)*

Is There a Best Strength or Weight Training Program?

Emotion and Other Psychological Factors

Prevention and Treatment of Support-Motor Injuries in Long-Distance Runners and Racewalkers

Isokinetic and Other Training Means

Beyond Bent Leg Sit-Ups

Slim Before Breakfast

The Use of Training Machines

Three-Way Strength

Breath-Holding as a Component in Complex Coordinated Exercises

The Heart Is Not Just a Pump

Nutrition and Sports--A Doctor's Advice (Part I)

How to Build Speed

Muscle Strength and Intra-Day Changes in Muscle Tonus

Pathogenetic and Systems Principles for Correcting Extreme States

Body Types and Jumping Ability in Teenage Volleyball Players
BOOK REVIEW: Serious Training for Serious Athletes
OBSTACLE TO EFFECTIVE TRAINING: The Imbalance Error
TRAINING TIPS: Improve Your Breathing
MISCONCEPTIONS: Three Sets of Ten for Beginners
INNOVATIVE EXERCISES: T-Bench Medial Rotation
EXERCISE OF THE MONTH: Heel (Calf) Raise
TRAINING PRINCIPLE: The Volume-Intensity Principle
QUESTIONS FROM THE READERS: Transitional Period

VOLUME 27 #6 (Out of Stock)*

The Chinese System of Quantal Training
Elastics, Etc.
The Cholesterol Debate Continues
Fundamentals of Throwing
Toe-Heel Doctrine in Aerobics
The Early Stages of Strength Training
Muscles and the Sprint
PNF Aqua-Exercise
Muscle Pain Caused by Unusual Physical Exercise (A Brief Survey)
Nutrition and Sports--A Doctor's Advice (Part II)
A Time of Growth and Risk
How to Build Speed (Sprinters)
Effective Workouts
Using Sinusoidal Modulated Currents to Restore Athletes' Work-Capacity
X-Rays and Your Health
Resistance Training for Different Purposes
SKILL LEARNING: The Importance of Basic Skills
BOOK REVIEW: Speed-Strength Training for Football
OBSTACLES TO EFFECTIVE TRAINING: Irregular Routine Error
TRAINING TIP: Rest
KIDS KORNER: Self-Esteem
EXERCISE OF THE MONTH: Triceps Extension

VOLUME 28 #1 (1993) (Out of Stock)*

Understanding Plyometrics
Synchronized Sports Nutrition
Ways of Improving Reliability Of Competitive Activity in the Triple Jump
Are the Fit Healthier?
Selecting Swimmers Capable of Achieving World-Class Performances
Methods, Means or What?
The Use of Certain Pharmaceuticals to Accelerate the Recovery Process in
Young Athletes
Endocrine Regulation

Breath-Holding as a Means of Raising the body's Hypoxic Stability
Lifting Safety
An Irregular Heart May Be Healthier
Preventing Myocardial Dystrophy
Myths of Antagonistic Muscle Action
Steroids and Injury
Know the Muscles and Exercises
The Effect of Head Position on Strength
Exercise and the Soft Tissues
Angled Box Side Jumps
The Triphasic Nature of Muscle Action
Improving the Overall Readiness of Highly Skilled Soccer Players During the
Competitive Period
TRAINING TIP: Burn Fat for Energy
BOOK REVIEW: Intensive Participation in Children's Sports
EXERCISE OF THE MONTH: The Squat
SKILL LEARNING: Concentration
KIDS KORNER: The Concept of Having Fun
OBSTACLES TO EFFECTIVE LEARNING: Lack of Variety Error
INNOVATIVE EXERCISE: Shoulder Joint Lateral Rotation and Horizontal
Abduction
QUESTIONS FROM THE READERS

VOLUME 28 #2 (1993)

Back Facts and Figures
Breathing in Weightlifting
Strength and Connective Tissue
The Specificity of Adaptive Protein Synthesis During Endurance Exercises
Isokinetic and Other Training Means
Selecting Swimmers Capable of Achieving World-Class Performances
APRE (Autoregulating Progressive Resistance Exercise)
Additional Movement
Adaptation
What is Fatigue?
Strength and Gender
The Specificity of Movement Patterns
Skinfold Champions
Some Facts on Warming Up
Does Greater Strength = Greater Speed?
Breath-Holding as an Element in Maximal Muscle Strength
BOOK REVIEW: Human Muscle Power
OBSTACLES TO EFFECTIVE LEARNING: Improper Technique
SKILL LEARNING: Train Your Eyes to See
TRAINING TIPS: Jumps Are Not Plyometrics
INNOVATIVE EXERCISE: Hip Abduction

EXERCISE OF THE MONTH: Biceps Curl
INJURY PROOFING: Preventing Knee Injuries

VOLUME 28 #3 (1993) (Out of Stock)*

Adaptation of Skeletal Muscles to Increased Physical Loads Through
Laserpuncture
The Clean and Jerk
Muscle Elasticity in Athletes with Elbow Injuries
Strength-Endurance
Weights for the Elderly
Cells in the Cheeks Can Determine Your Physical Loads
The Personal Trainer
Method of Developing Strength in Young Gymnasts in the Beginning and
Specialized States of Training
Vitamin Benefits and Dangers
Ibuprofen for rain?
Physical Qualities and Their Development
Using Genetics to Select Athletes
Prepare Yourself for Training
Science and Sports Inventiveness in Preventing and Treating Injuries
High Top Shoes
Training for Jumping Events
Change in Physical Work-Capacity in Soccer Players When There Are Short
Intervals of Time Between Matches
What Foods do Young Weightlifters Need?
SKILL LEARNING: Inside Out or Outside In?
BOOK REVIEW: Sports Rules Encyclopedia
TRAINING TIP: The Role of Plyometrics
INNOVATIVE EXERCISE: Straight Leg Pulldowns
TRAINING PRINCIPLES: Make Your Athletes Independent

VOLUME 28 #4 (1993)

Chinese Secrets
Integrating Plyometrics With Strength Training
Plyometrics in Warm up
How Fast Should You Run?
Supination Pronation (With the Strength Bar)
Soft Tissue Biomechanics and Flexibility
Aspects of the Bulgarian System
Heart Rate and Cardiovascular Fitness
Training for Jumping Events (Part II)
Inflexibility or Spurious Muscle Tension?
NUTRITION: Do You Need Supplements?
SKILL LEARNING: Music in Your Workouts

TRAINING PRINCIPLE: The Workout Structure
TRAINING TIP: No Twisting with Flexion
QUESTIONS FROM THE READERS

VOLUME 28 5/6 DOUBLE ISSUE

Rules of Exercise?
How the Fastest Run
Mental Self-Conditioning
Sports in Higher Education
Are You Ready to Play?
Successful Personal Trainer
Injury Proofing for Athletes
How To Measure Exercise Loads
The Speed Principle in Weight Training
Controlled Breathing
Neural Changes with Training
What Is Hyperextension?
Non-Impact Plyometrics
Butter or Margarine?
Restoration With Nutrition (Weightlifting)
Auditory Control in Track and Field
How Strenuous is that Exercise?
The Bases of Running Training
Training for Jumping Events
Potentially Dangerous Medicine Ball Exercises
Generating Power in Execution of Sports Skills
A New Way to Diagnose and Treat Musculo-Skeletal Injuries
Left-Handed Food
BOOK REVIEW: The Athletic Female
INNOVATIVE EXERCISE: Don't Stop at Level in Lateral Arm Raises
BOOK REVIEW: Swimming
EXERCISE OF THE MONTH: Good Morning
OLYMPIC EXERCISES: The Power Clean
TRAINING TIP: Contract the Back, Not the Abdominals
PLYOMETRICS: From the "Experts"
TECHNIQUE: Throwing a Spiral
TRAINING TIP: The 45-Degree Hyper-Extension Bench

VOLUME 29 #1

Head and Neck Reflexes
The Dogma of Isokinetics
Does a Runner Need Strength?
Recommended Strength Ratios (Part I)

Glycogen as Measure of the Effectiveness of Preventive and Rehabilitative Therapies
Training for Jumping Events (Part II)
Bigger, Faster, Stronger?
Improve Your Technique and Improve Your Performance
How the Fastest Run (Part II)
Equipment Purchase (Questionnaire)
The Characteristics of a Cyclist's Strength Potential
Working the Trapezius
The Load During the Training Process
The General Concept of Massage
The Characteristics and Types of Endurance
Means and Method of Increasing Speed-Strength Qualities in High Level Cross-Country Skiers
Diagnosis, Treatment and Prevention of Lumbar Vertebral Osteochondrosis in Young Cyclists
The ABC's of Sports Nutrition
FROM THE EXPERTS: Fast Twitch Muscle Fiber Training
BOOK REVIEW: The Human Machine
TRAINING TIP: A Dynamic Warm-Up for Team and Dual Sports
TRAINING EXERCISE: The Bent-Over Twist
QUESTIONS AND ANSWERS: The Need for Supplements

VOLUME 29 # 2 (1994)

Asymmetric Plyometrics
The Characteristics of a Cyclist's Speed Potential
Abdominal Paranoia or How To Get a Bad Back
Using PNF in Training
Emotion and Other Psychological Factors
Do You Need an Aerobic Base First?
The Components of Psychological Preparation for Competition
Recommended Strength Ratios (Part II)
Voluntarily Decreased Pulmonary Ventilation in Relation to Involuntary Breathing Level
The Means and Methods of Improving a Cyclist's Strength Potential
Developing Force
Development of Speed and Strength with the Use of Different Zones of Intensity in the Training of Throwers
Physical Training
Working Out vs. Training
Weight Control for Weightlifting
Relationships Between Technical and Physical Training
Post-Work Means of Recovery in Weightlifting
The Main Components of the Training Load
Specialized Exercises for 13-15 Year-Old Sprinters

Psychological Preparation for Competition (Wrestlers)
TRAINING TIP: Make Your Practice More Difficult Than Competition
VIDEO REVIEW: Fitness By Christie And Crew
FROM THE "EXPERTS': All Hamstring Exercises Are Not Equal
BOOK REVIEW: Running Injury Free
QUESTIONS FROM THE READERS: Cross Training

VOLUME 29 #3/4 (1994)

Plyometrics and the Brain--The Missing Dimension
Dumbbells in Aerobics Class
Physical Training
Emotion and Other Psychological Factors
Stronger Muscles--Sharper Mental Abilities
Is Seated or Standing Exercise Safer?
Steroids for Endurance?
Sporting Skill and Chewing Gum
Factors That Influence the Working Effect of Explosive Force in Speed-Strength
Types of Sports
Instructions and Performance
Skinfold Champions
General and Special Training
Speed Training for Wrestlers
Repetitiveness of Loads
Supercharge Your Walking
Individualization of Training
Is Low-Impact Exercise Safer?
Restoring Work Capacity
Back Pain and Evolution
Don't Forget the Strength Component
The Role and Sequence of Using Different Training-Load Intensities
Is There a Biceps Curl?
Getting an Aerobic Training Effect
EXERCISE OF THE MONTH: Prevent Rotator Cuff Injuries
TRAINING TIP: The Butt Kick
NUTRITION: Has Cholesterol Been Given a Bad Rap?
BOOK REVIEW: New Strength Books: An Educational Review