# Table of Contents

<table>
<thead>
<tr>
<th>A. No</th>
<th>Volume 8, Issue 4, Year 2019</th>
<th>Pg. Nos</th>
</tr>
</thead>
</table>
| 01    | Predictors of Motivation to Coach in High School Students and Adult Coaches  
*Merry J. Sleigh, Donna Webster Nelson, Alyssa M. Nelson, Darren R. Ritzer*  
DOI: [https://doi.org/10.26524/ijpefs1941](https://doi.org/10.26524/ijpefs1941) | 1-17 |
| 02    | Comparison of Nutrition Status and Knowledge Level of Sports Trainers and Individuals Attended with Nine-Round Fitness Sports  
*A. Humeyra Islamoglu, I. Aycan Basoglu, Aleyna A. Ozbey, Feyza Tosya, F. Esra Gunes*  
DOI: [https://doi.org/10.26524/ijpefs1942](https://doi.org/10.26524/ijpefs1942) | 18-25 |
| 03    | A Comparison Study for the use of Mixed Training (Training with Weight and Plyometric) In the Development of the Distinctive Strength Speed as the Players of the Handball  
*Harbach Brahim, Djamel, Benzidine Houcine, Ibrahim Reda*  
DOI: [https://doi.org/10.26524/ijpefs1943](https://doi.org/10.26524/ijpefs1943) | 26-35 |
| 04    | Assessment of throwing arm biomechanics with a motusBASEBALLTM pitching sleeve during long-toss throws and pitching in college baseball pitchers  
*Jeff T. Wight, Brittany Dowling, Jaclyn O’Loughlin*  
DOI: [https://doi.org/10.26524/ijpefs1944](https://doi.org/10.26524/ijpefs1944) | 36-44 |
| 05    | Physical activity monitoring devices: energy expenditure comparison in a setting of free-living activities  
*Matteo Vandoni, Vittoria Carnevale Pellino, Stefano Dell’Anna, Elena Ricagno, Giulia Liberali, Claudia Bonfanti, Luca Correale*  
DOI: [https://doi.org/10.26524/ijpefs1945](https://doi.org/10.26524/ijpefs1945) | 45-54 |
| 06    | Comparison of response quality and attack recognition in karate kumite between reality and virtual reality – a pilot study  
*Katharina Petri, Peter Emmermacher, Steffen Masik, Kerstin Witte*  
DOI: [https://doi.org/10.26524/ijpefs1946](https://doi.org/10.26524/ijpefs1946) | 55-63 |
| 07    | Comparison of Estimated-IRM and 225-lb (102-kg) bench press performance between starters and non-starters among a NCAA Division I college football team  
*Cody A. Stahl, Mann J.B, Robert G. Lockie, Jay Dawes J.*  
DOI: [https://doi.org/10.26524/ijpefs1947](https://doi.org/10.26524/ijpefs1947) | 64-75 |
| 08    | Comparative values, correlation and classification of basketball players based on the efficiency index and expert evaluation by coaches  
*Slobodan Simovic, Bojan Matkovic, Mihajlo Mijanovic, Milenko Vojvodic*  
DOI: [https://doi.org/10.26524/ijpefs1948](https://doi.org/10.26524/ijpefs1948) | 76-87 |
| 09    | Soccer Specific Fitness Differences Across the Common Playing Position Players  
*Belayneh Chekle, Tefera Tadesse*  
DOI: [https://doi.org/10.26524/ijpefs1949](https://doi.org/10.26524/ijpefs1949) | 88-96 |
| 10 | **Body Composition and Somatotype in Elite Handball Players**  
*Pantovic Marko, Marko Joksimovic, Brkic Boris, Gladysheva Anna, Karisik Sinisa, Alejandro Martinez-Rodriguez*  
DOI: [https://doi.org/10.26524/ijpefs19410](https://doi.org/10.26524/ijpefs19410) | 97-107 |
| 11 | **Chronological Age and Training Age as Determinants of Soccer Specific Speeds**  
*Belayneh Chekle, Tefera Tadesse, Zerihun Birhanu*  
DOI: [https://doi.org/10.26524/ijpefs19411](https://doi.org/10.26524/ijpefs19411) | 108-116 |
| 12 | **Implementing Diverse Instructional Strategies in Adapted Physical Education Program: A case study of a child with autism**  
*Eun Hye Kwon*  
DOI: [https://doi.org/10.26524/ijpefs19412](https://doi.org/10.26524/ijpefs19412) | 117-124 |
| 13 | **Effect of Sport Media on Social Behaviour: The Attitude and Perception Change of Chinese College Students toward the International Media Reporting the Beijing Olympics**  
*Charlie Song, Jianhua Zhang, Aiguang Zhou, Stu Ryan*  
DOI: [https://doi.org/10.26524/ijpefs19413](https://doi.org/10.26524/ijpefs19413) | 125-141 |
| 14 | **Tennis players and their levels of self-esteem. A comparative study on psychology at an intercollegiate tennis tournament?**  
*Korkmaz YIGITER, Yunus ZENGIN*  
DOI: [https://doi.org/10.26524/ijpefs19414](https://doi.org/10.26524/ijpefs19414) | 142-148 |
| 15 | **The effect of repetition ranges on maximal strength and hypertrophy**  
*Adda Ghoual*  
DOI: [https://doi.org/10.26524/ijpefs19415](https://doi.org/10.26524/ijpefs19415) | 149-157 |