



# Bilten prinova Knjižnica

# Učenje kreativnosti u sportu : rukometni odgoj 1/4 / Marija i Robert Papić. Zagreb : M. i R. Papić, 2012.

Iz recenzije Vinka Tomljanovića:

"Već sam Naslov knjige izaziva posebnu znatiželju kod svakog onog tko se ozbiljnije bavi rukometnom strukom . Ova knjiga je specifična ,pisana izvan uobičajenih okvira. Treba je temeljito proučiti da bi dobili pravi sud o njoj. Autori knjige navode ,da je knjiga o upotrebi trenera u procesu odgoja djece koja žele igrati rukomet. U daljnjem sadržaju opisuju se treneri koji upotrebljavaju djecu i rukomet za ispunjavanje osobnih ciljeva različitog karaktera. U knjizi se obrađuje teorija i metodika tehnike na specifičan način,primjeren karakteristikama i osnovnim potrebama djece od 6 do 8 godina života. (...) Knjiga "Rukometni odgoj 1-4" , je zasigurno jedno vrijedno djelo iz područja rukometa,što će se u budućnosti vrlo brzo pokazati.Ovih dana sadašnje generacije polažu ispite u Londonu,a za nove generacije treba se pripremati i obrazovati sa novim didatičkim sredstvima i novim metodskim pristupom.Zaželimo autorima ostvarenja svojih iskustva u svojoj novoj sredini."

(Preuzeto s: [http://www.hr-rukomet.hr/novost.php?novost\\_id=2815](http://www.hr-rukomet.hr/novost.php?novost_id=2815))

**UČENJE**  
**K:eativnosti**  
**U SPORTU**



ILI  
(TRENEROM PROTIV DJECE)

## Learning creativity in sport : handball education 1/4 / Marija and Robert Papić. Zagreb: vlast. nakl., 2012.

### **LEARNING C:eativity IN SPORT**



OR  
(COACH V CHILDREN?)

“Learning creativity in sport” is a new masterpiece in handball literature! If you want to develop leaders on the court, not mere followers then this book should be in your handball library. “If we make mistake and start too early with specialized level of training, we will first see good results and then permanent break of talent development, at the level below their real potential.”, have you ever wondered WHY this happens? After reading this book you will get the answer on that and on these few other questions:

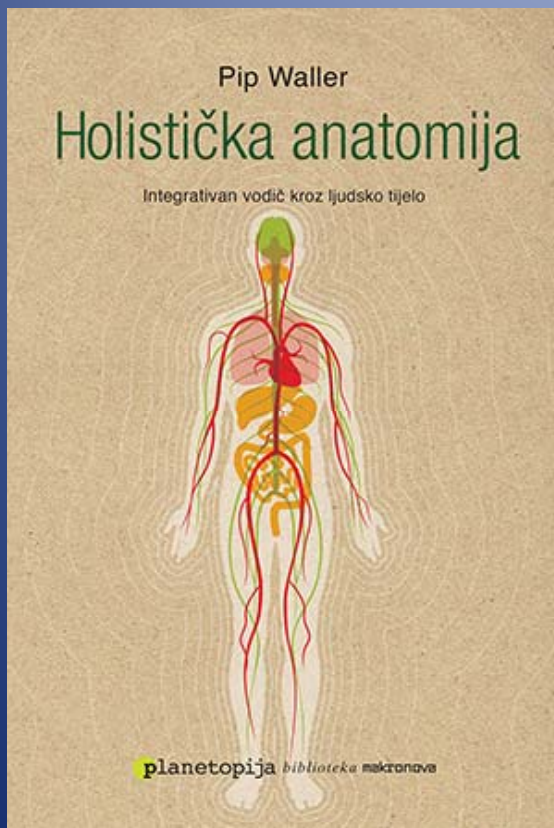
Why are some players very smart and understand all what is explained to them, they use very good technique, but during the match they are not creative at all?

Why are some players extraordinary fast, handy with the ball and coordinating their body, but during the match, in the fight for a ball, in the moment of the shooting in one-on-one/two-on-two situations, they are not as efficient and as successful as those which are slower and bit clumsy?

Why are some players strong with good playing technique, but others are more efficient in shooting and feinting?

(Preuzeto s: <http://vanjaradic.fi/learning-creativity-in-sport/>)

Holistička anatomija : integrativan vodič kroz ljudsko tijelo /  
Pip Waller ; [prijevod Aleksandra Barlović]. Zagreb :  
Planetopija, 2015.

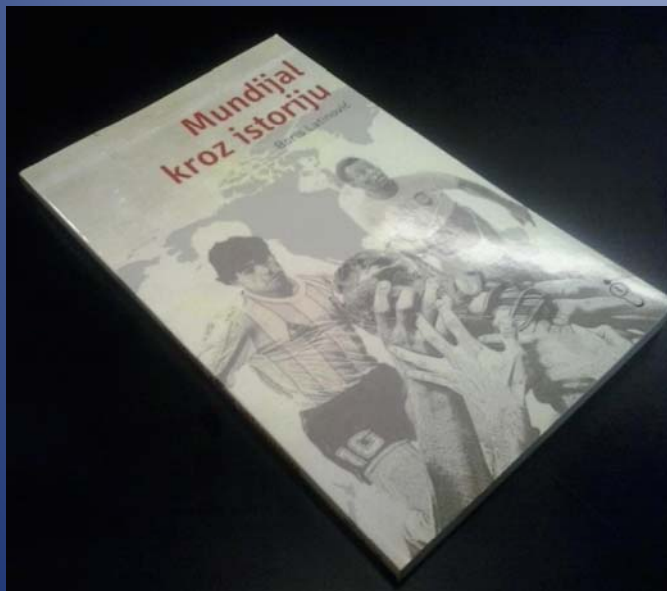


Ova knjiga predstavlja autoritativnu studiju anatomije, fiziologije i patologije, ali cijelu raspravu autorica proširuje povezujući znanost o tijelu i razne oblike alternativnih pristupa zdravlju kako bi istražila način na koji ljudsko tijelo funkcionira – i način na koji stupa u interakciju sa svojim okruženjem te kako to postojanje doživljava na emocionalnoj i duhovnoj razini. Prva polovica knjige govori o temeljnoj anatomiji i fiziologiji, opisujući glavne tjelesne sustave i način na koji su međusobno povezani. Druga polovica knjige usredotočena je na modele zdravlja i bolesti, one tradicionalne i holističke.

(Preuzeto s: <http://www.planetopija.hr/hr/knjizara/knjiga/2877>)



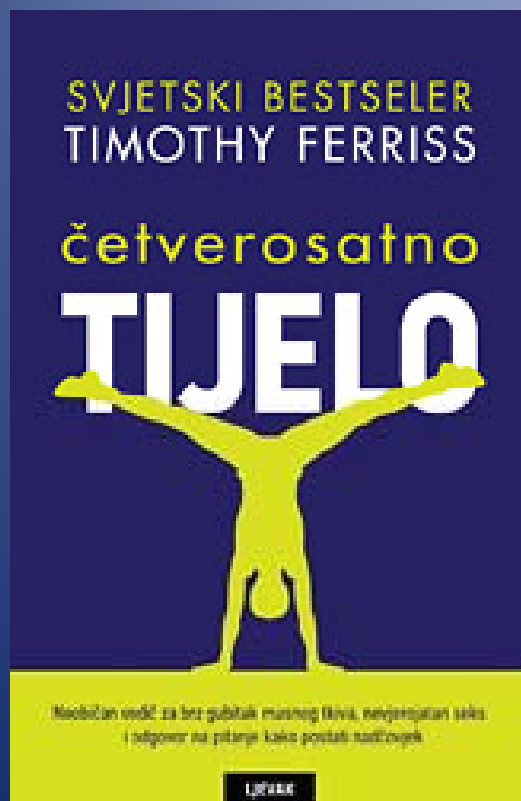
Mundijal kroz istoriju / Boris Latinović. Sarajevo : Buybook, 2014.



Fenomen Mundijala je do danas ostao neobjašnjivi i neiscrpni izvor inspiracije cjelokupnog fudbalskog (a može se slobodno reći) i globalnog auditorijuma, kaže Boris Latinović, autor Mundijala kroz istoriju, koji ususret Svjetskom prvenstvu u Brazilu predstavlja detaljan pregled Svjetskih nogometnih prvenstava od prvog ikad održanog u Urugvaju 1930. godine do današnjih dana.

(Preuzeto s: <http://www.ljevak.hr/knjige/knjiga-16263>)

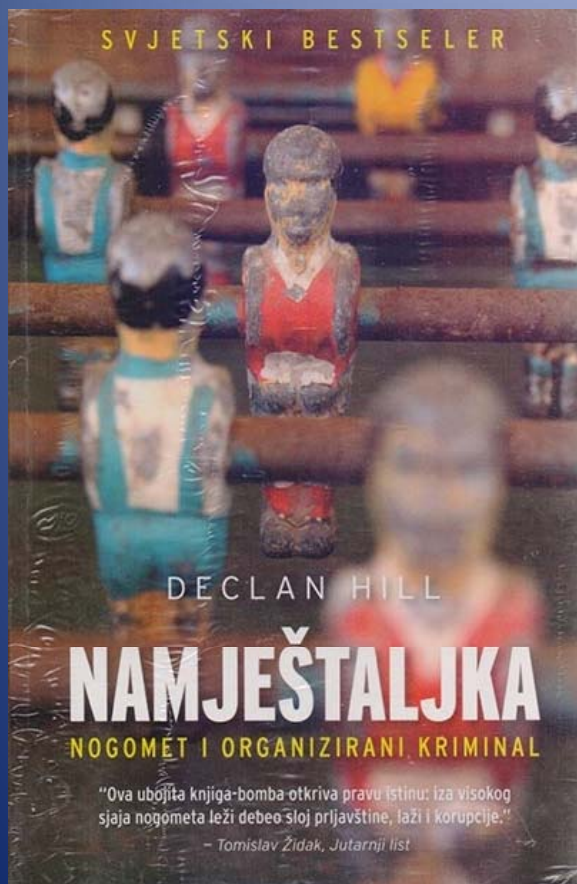
Četverosatno tijelo : neobičan vodič za brz gubitak masnog tkiva i nevjerojatan seks te kako postati nadčovjek / Timothy Ferriss ; preveo s engleskoga Dario Borković. Zagreb : Naklada Ljevak, 2012.



Četverosatno tijelo rezultat je autorova opsesivnog nastojanja da nakon više od jednog desetljeća eksperimentiranja postigne savršene rezultate u oblikovanju ljudskog tijela. Knjiga sadrži kolektivnu mudrost brojnih vrhunskih sportaša, nekoliko desetaka liječnika i tisuća sati napornih osobnih vježbi i eksperimenata. Od olimpijskih centara za treniranje do ilegalnih laboratorija, od Silikonske doline do Južne Afrike autor bestselera "4-satni radni tjedan" Tim Ferriss usredotočuje se na jedno pitanje koje će vam promijeniti život: Koje su minimalne promjene koje će proizvesti maksimalne rezultate na vašem tijelu? Nakon tisuća eksperimenata i testiranja ova knjiga donosi odgovor na to ključno pitanje koje se odnosi i na žene i na muškarce. Od teretane do spavaće sobe – sve je tu i sve funkcionira. U vrlo kratkom roku naučit ćete: kako izgubiti 10 kilograma u 30 dana (bez vježbanja) držeći se ultra jednostavne dijeta s niskim glikemičkim indeksom, kako spriječiti pojavu sala nakon prežderavanja, kako se 300% učinkovitije riješiti sala uz pomoć nekoliko vrećica s ledom...

(Preuzeto s: <http://www.ljevak.hr/knjige/knjiga-12679>)

# Namještaljka : nogomet i organizirani kriminal / Declan Hill ; [prevoditelji Sonja Ludvig, Boris Perić]. Zagreb : EPH Media, 2013.



Knjiga koja razotkriva pohlepnu i korumpiranu nogometnu mafiju. Da iza visokog sjaja nogometa leži deo sloj prijavštine, laži i korupcije, spoznao je kanadski novinar Declan Hill napisavši čvrsto utemeljenu knjigu koja se bavi slabo poznatim i pohlepnim svijetom nogometnih namještaljki, onim koji vlasti pokušavaju ignorirati u ime spašavanja časti nogometne igre. Hill je tijekom četverogodišnjeg istraživanja u potpunosti razotkrio sustav ilegalnih azijskih kladionica, dovoljno bogatih i moćnih da podmićivanjem igrača, sudaca, trenera i dužnosnika ishode željene rezultate utakmica. Spoznao je da postoje nogometne lige u kojima je čak 80 posto utakmica lažirano, a vjerojatno najšokantnije njegovo otkriće je mogućnost da se namjeste čak i ishodi utakmica svjetskog prvenstva. (Preuzeto s: [http://www.delfi.rs/knjige/61108\\_namjestaljka\\_nogomet\\_i\\_organizirani\\_kriminal\\_knjiga\\_delfi\\_knjizare.html](http://www.delfi.rs/knjige/61108_namjestaljka_nogomet_i_organizirani_kriminal_knjiga_delfi_knjizare.html))



Planinarski udžbenik : za planinare, penjače, alpiniste, spašavatelje i vodiče / Alan Čaplar ; [suradnici i autori korištenih tekstova Borislav Aleraj ... et al.]. Zagreb : Hrvatski planinarski savez, 2014.



Ovaj je udžbenik usklađen s programima školovanja Hrvatskog planinarskog saveza te s recenzijama stručnih komisija HPS-a i instruktora specijalističkih djelatnosti u planinarstvu, pa se stoga preporučuje kao nastavna literatura kako za osnovno planinarsko školovanje, tako i za stručne planinarske tečajeve i škole ) penjačke, alpinističke, speleološke, vodičke, za gorsko spašavanje). U knjizi na 368 stranica možete pronaći sve informacije vezane uz planinarstvo, povijest planinarstva, osobno planinarsko djelovanje, planine, planinarsku infrastrukturu, kretanje u planini, planinarenje, penjanje, kretanje u zimskim uvjetima, speleologiju, opremu, korištenje tehničke opreme, orijentaciju, organiziranje putovanja u planine, vodičku djelatnost, noćenje u planini, prehranu i higijenu na putovanju, ponašanje, propise, zaštitu okoliša, meteorologiju, opasnosti u planini, spašavanje u planini i prvu pomoć.

(Preuzeto s: [http://www.hpd-mosor.hr/index.php?view=article&id=412%3Aplaninarski-udbenik&option=com\\_content&Itemid=6](http://www.hpd-mosor.hr/index.php?view=article&id=412%3Aplaninarski-udbenik&option=com_content&Itemid=6))



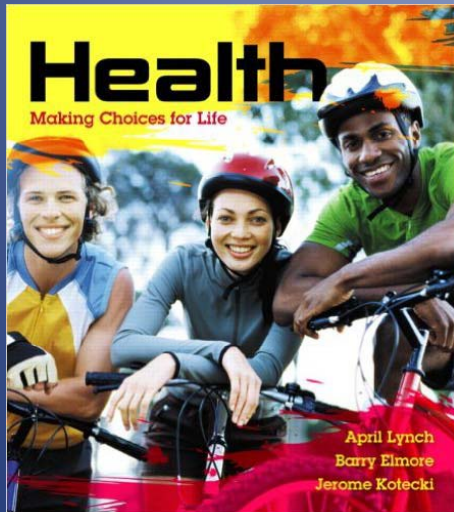
Planinarski vodič po Hrvatskoj : 650 opisanih putova,  
1000 fotografija, 75 zemljovida / [tekst i zemljovidi]  
Alan Čaplar. Zagreb : Mozaik knjiga, 2015.



Planinarski vodič po Hrvatskoj namijenjen je planinarima i izletnicima različitih profila i razina planinarskog iskustva jer pruža sveobuhvatan pregled mogućnosti za planinarenje u Hrvatskoj. Osim tekstom, sva planinska područja predstavljena su preglednim zemljovidima u mjerilu 1:100.000, a sva odredišta atraktivnim fotografijama. Iskusnim planinarima, ali i povremenim izletnicima i svima drugima koji žele upoznati ljepote hrvatskih planina s ovim vodičem snalaženje u njima bit će jednostavnije i sigurnije.

(Preuzeto s: <http://www.hps.hr/trgovina/>)

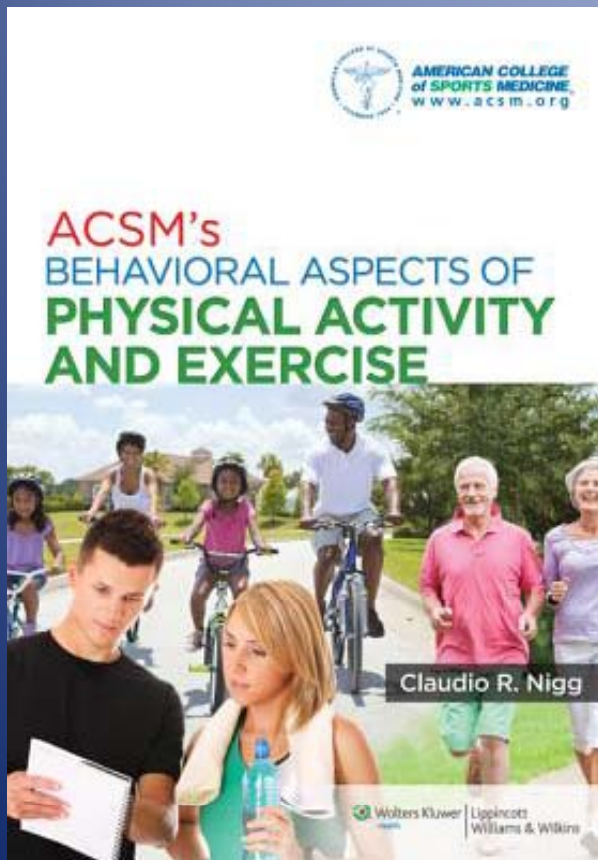
Health : making choices for life / April Lynch, Barry Elmore, Jerome Kotecki with contributions by Laura Bonazzoli ... [et al.]. Boston : Pearson, 2014.



Health: Making Choices for Life distinguishes itself by speaking the language of today's students, helping them to employ real behavior change and apply topics to their own lives. Built from the ground up with student-generated content and incorporating technology that students use, this is the health book that students can most relate to—the one that inspires them to choose a healthy lifestyle. The student-savvy approach is demonstrated in many different ways throughout the text and is built on an ultra-modern, magazine-style design with appealing photos and visuals that encourage students to read. Additionally, student stories in both the text and online provide real-life examples of important health issues. To further connect students with health topics through technology, videos, links to websites, and podcasts are woven throughout the text in the Health Online feature.

(Preuzeto s: <http://www.pearsonhighered.com/educator/product/Health-Making-Choices-for-Life-Plus-MyHealthLab-with-eText-Access-Card-Package/9780321897589.page>)

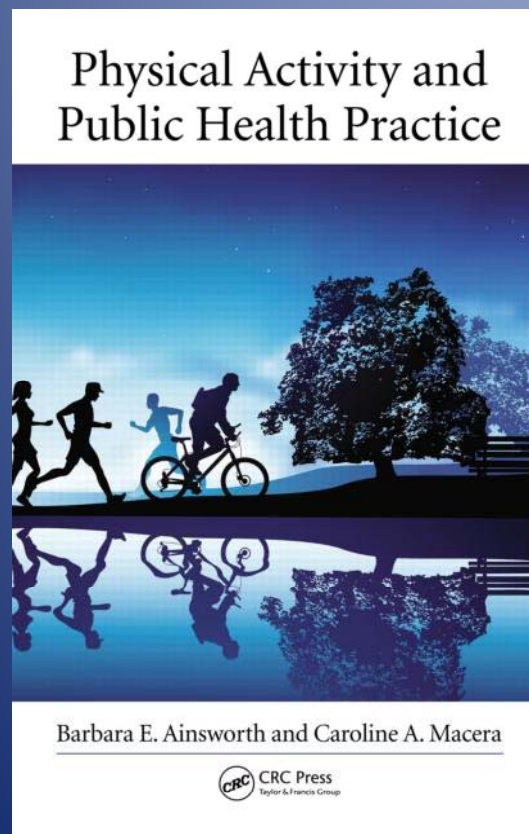
# ACSM's behavioral aspects of physical activity and exercise / editor Claudio R. Nigg. Philadelphia : American College of Sport Medicine, c2014.



ACSM's Behavioral Aspects of Physical Activity and Exercise cover the fundamentals of exercise psychology in a practical way. This book address the growing realization within the the exercise science community that exercise is only effective when the client or patient adheres to the exercise program. This book explores issues surrounding exercise adherence with a practical bent toward helping professionals support their clients.It provides step-by-step information designed to equip the health and fitness professional to understand and address their clients adherence or lack of adherence to an exercise plan. Scenarios throughout the book make the material more applicable for professional and students. Written by a leading authority in the area of exercise, the Amercian College of Sports Medicine, the book emphasizes research and evidence throughout the text. Additionally, the book offers a strong suite of ancillaries, including a text bank, image bank, and Powerpoints designed to aid professors in course preparation. (Preuzeto s: <http://www.lww.com/Product/9781469838762>)



Physical activity and public health practice / edited by  
Barbara E. Ainsworth and Caroline A. Macera.  
Boca Raton : CRC Press, 2012.

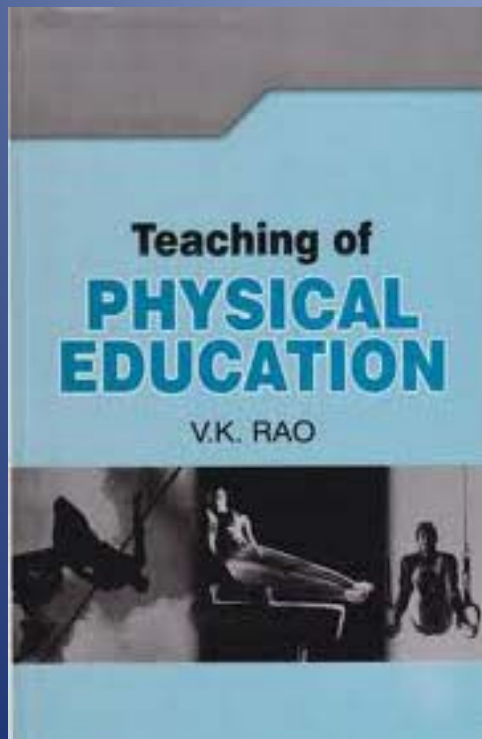


Physical activity remains a critical area of research as we consider cost-effective measures for lowering the chronic disease epidemic worldwide. In our increasingly automated society, many adults and children are not active at health-enhancing levels. In *Physical Activity and Public Health Practice*, a panel of respected researchers summarizes essential topics in physical activity and community health and guides public health practitioners and researchers in understanding the positive impact that physical activity has on a host of disease states.

(Preuzeto s: <https://www.crcpress.com/Physical-Activity-and-Public-Health-Practice/Ainsworth-Macera/9781439849514>)



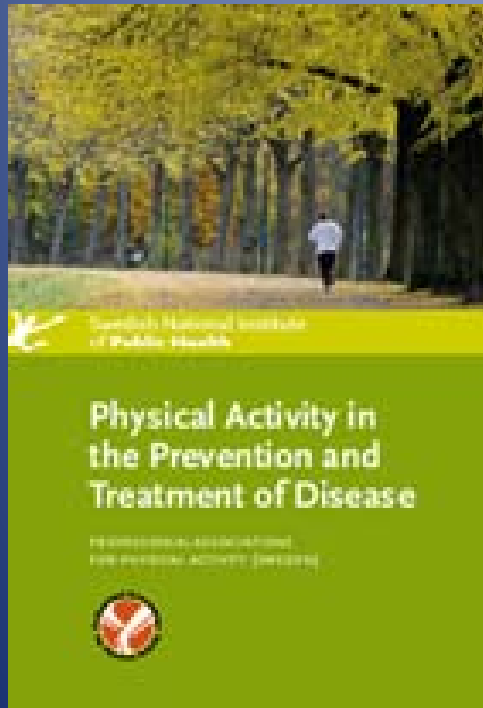
# Teaching of physical education / V. K. Rao New Delhi : A. P. H. Publishing Corporation, 2011.



Iz sadržaja:

1. Modern European Period to the Present
  2. Philosophy of Education
  3. Duties of Physical Education Teachers
  4. Teaching of Physical Education
  5. Physical Educators
  6. Objectives of Physical Education
  7. Changing Concepts from Modern European Period
  8. The School Health Programme
  9. Professional Preparation in Physical Education
  10. The Recreation Programme
  11. The Camping and Outdoor Education Programmes
- (Preuzeto s publikacije)

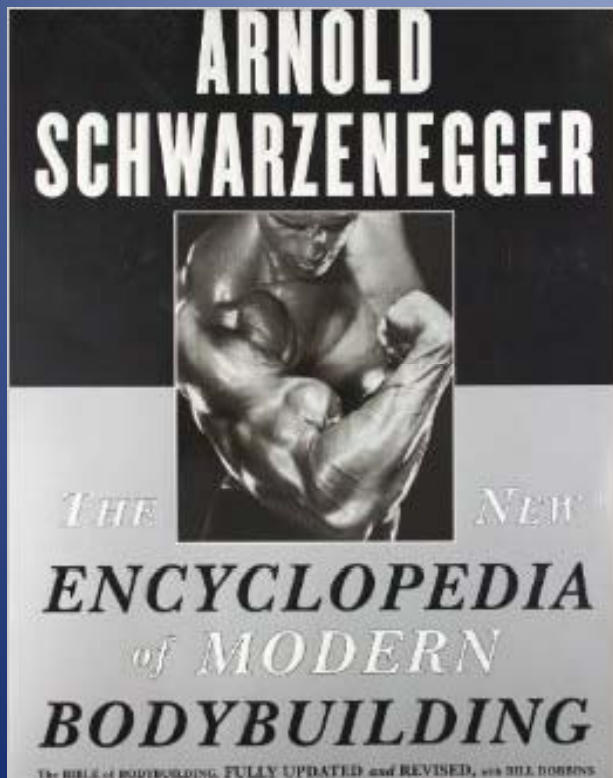
# Physical activity in the prevention and treatment of disease / Swedish National Institute of Public Health ; Professional associations for physical activity. Mölnlycke : Elanders, 2010.



Physical activity in the prevention and treatment of disease summarizes the up-to-date scientific knowledge on how to prevent and treat various diseases and conditions using physical activity. The book covers most areas of disease where physical activity has a documented effect. By combining recommendations on suitable exercise activities with a description of the potential risks of physical activity for various patient groups, this handbook can comprehensively be used by anyone working with physical activity and health. Thirty-three chapters address the effects of and recommendations of physical activity in diseases and conditions within cardiovascular and metabolic medicine, psychiatry, orthopaedics, neurology, gastro-intestinal medicine, nephrology, rheumatology, pulmonary medicine and more. The handbook is especially tailored to be a tool for licensed healthcare staff when prescribing physical activity and the method is currently used by all county councils in Sweden as well as Norway.

(Preuzeto s: <http://www.fyss.se/fyss-in-english/>)

The new encyclopedia of modern bodybuilding / Arnold Schwarzenegger with Bill Dobbins. New York : Simon & Schuster Paperbacks, c1998.

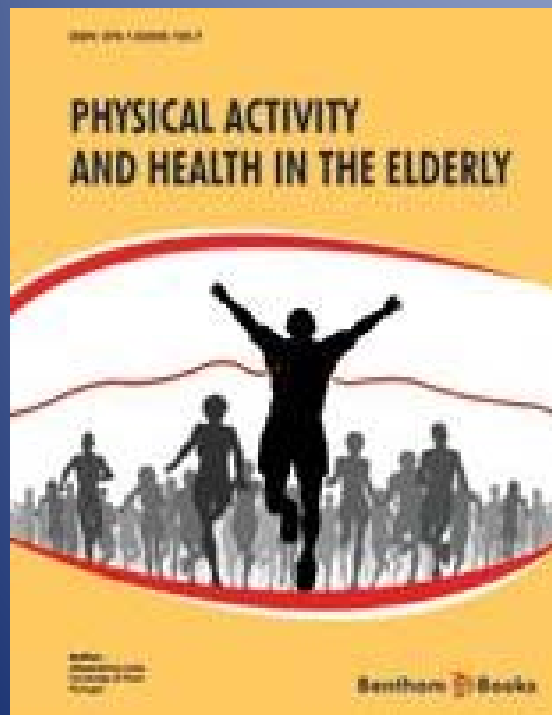


From elite bodybuilding competitors to gymnasts, from golfers to fitness gurus, anyone who works out with weights must own this book—a book that only Arnold Schwarzenegger could write, a book that has earned its reputation as “the bible of bodybuilding.” Inside, Arnold covers the very latest advances in both weight training and bodybuilding competition, with new sections on diet and nutrition, sports psychology, the treatment and prevention of injuries, and methods of training, each illustrated with detailed photos of some of bodybuilding's newest stars. Covering every level of expertise and experience, The New Encyclopedia of Modern Bodybuilding will help you achieve your personal best.

(Preuzeto s:

[http://www.goodreads.com/book/show/115758.The\\_New\\_Encyclopedia\\_of\\_Modern\\_Bodybuilding](http://www.goodreads.com/book/show/115758.The_New_Encyclopedia_of_Modern_Bodybuilding))

# Physical activity and health in the elderly / Alexandrina Lobo. Sharjah : Bentham science publishers, 2015.



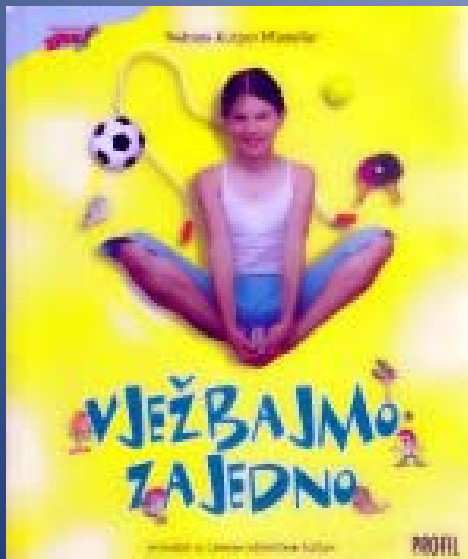
Physical inactivity is not only an individual's personal problem but is identified as a serious public health issue. Prolonged inactivity that occurs among many elderly persons tends to lead into a gradual decrease in all components of physical fitness, thus compromising their quality of life.

Scientific research has shown that physical exercise can slow down both the psychological and physical aging clock. Engagement in health promoting behavior in the domains of physical activity, healthy dietary practice and stress management are considered useful strategies to enhance functional capacity among elderly people. These practices delay the onset of chronic diseases, minimize negative psychological effects and improve social networks and the quality of life, particularly for the elderly.

(Preuzeto s: <http://ebooks.benthamscience.com/book/9781608051007/>)



# Vježbajmo zajedno : [priručnik iz tjelesno-zdravstvene kulture] / Vedrana Kurjan Manestar. Zagreb : Profil international, 2002.

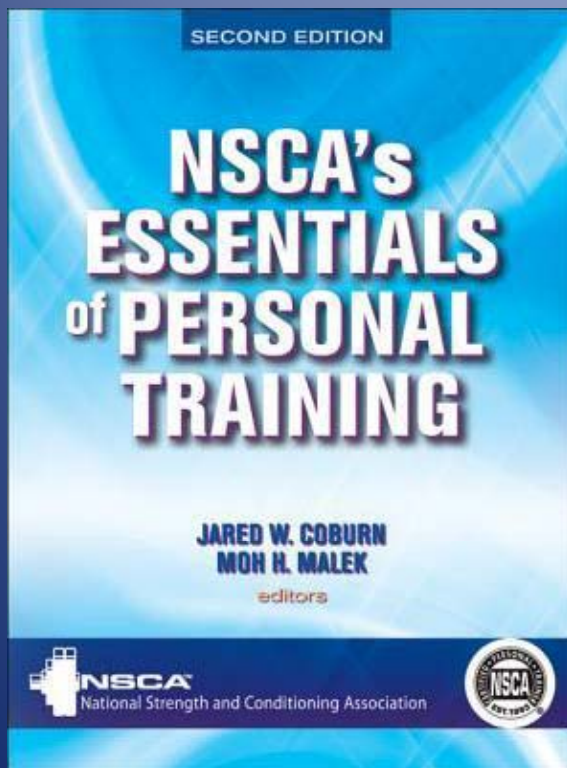


Metodički priručnik za nastavu tjelesne kulture u osnovnoj školi, primjenjiv i u radu sa predškolskom djecom. U knjizi se prati koncepcija sata tjelesne i zdravstvene kulture, pa su vježbe i igre raspodijeljene na one za uvodni, pripremni, glavni i završni dio sata, a posebno su navedene vježbe u prirodi (na snijegu, na obali, u parku, na livadi, na ulici). Svaka cjelina ima uvodni dio, a opisi vježbi i igara su ilustrirani fotografijama vježbača. Uz vježbe i igre nalaze se oznake koje slikovito prikazuju zadatke koji se vježbom žele ostvariti, kao i područje djelovanja vježbi na dječji organizam.

(Preuzeto s:

<http://katalog.kgz.hr/pagesResults/bibliografskiZapis.aspx?&action=search&currentPage=1&searchById=1&sort=0&spid0=1&spv0=vje%C5%BEajmo+zajedno&selectedId=63001982>)

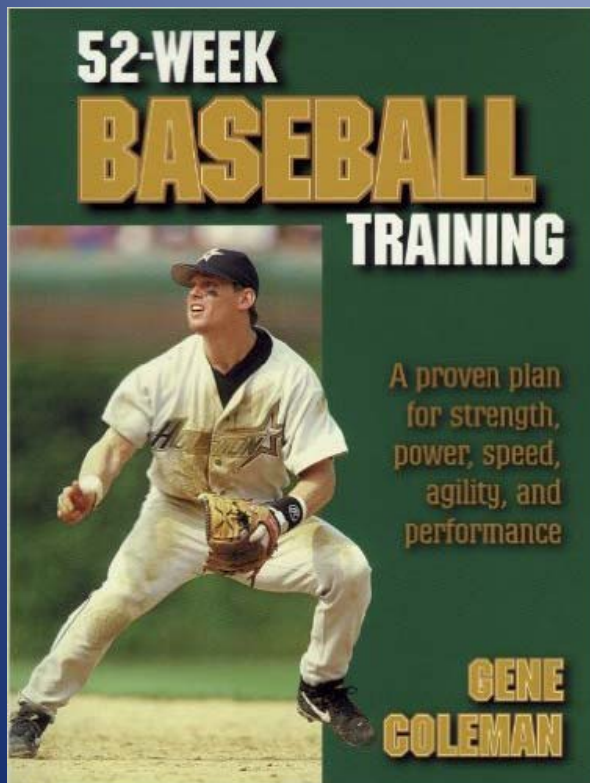
NSCA's essentials of personal training / Jared W. Coburn, Moh H. Malek, editors. Champaign, IL : Human Kinetics, c2012.



Comprehensive and research based, the second edition of NSCA's Essentials of Personal Training is the resource to rely on for personal training information and guidance. With state-of-the-art knowledge regarding applied aspects of personal training as well as clear explanations of supporting scientific evidence, NSCA's Essentials of Personal Training, Second Edition, is also the authoritative preparation text for those preparing for the National Strength and Conditioning Association's Certified Personal Trainer (NSCA-CPT) exam. This essential reference was developed by the NSCA to present the knowledge, skills, and abilities required for personal trainers. With contributions from leading authorities in the field, the text will assist both current and future personal trainers in applying the most current research to the needs of their clients: A discussion on nutrition outlines the role of the personal trainer in establishing nutrition guidelines, including the application of nutrition principles for clients with metabolic concerns.

(Preuzeto s: <http://www.humankinetics.com/products/all-products/nscas-essentials-of-personal-training---2nd-edition>)

52-week baseball training / editor Gene Coleman.  
Champaign, IL : Human Kinetics, c2000.



Get in better condition for baseball—and watch your game improve! Players are getting bigger, stronger, and faster every season. Their conditioning level is at an all-time high, resulting in more towering home runs and blazing fastballs than ever before. With 52-Week Baseball Training, you can use the same baseball-specific training regimen as the major leaguers to prepare for the demands of today's game.

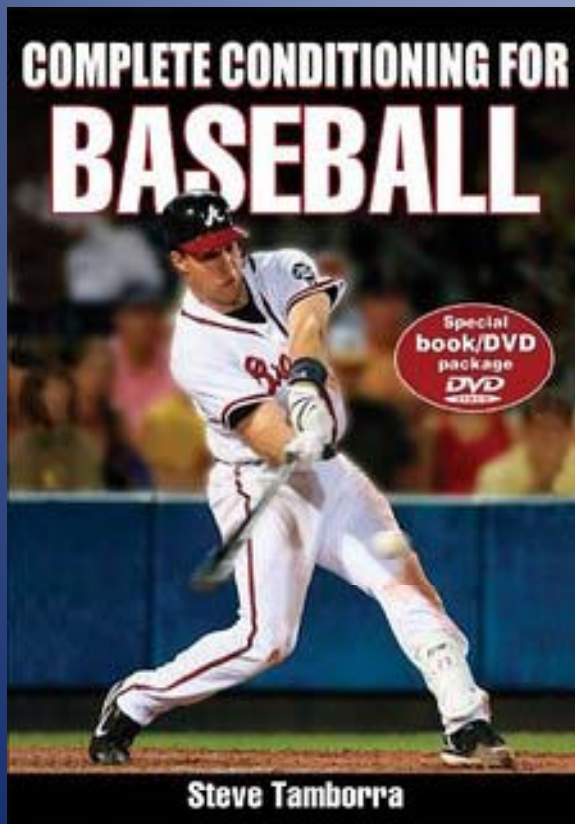
As the strength and conditioning coach for the Houston Astros, Gene Coleman helped to extend Nolan Ryan's career into his mid-40s, develop Jeff Bagwell into a power-hitting, perennial MVP candidate, and shape Craig Biggio into a warrior-like iron man at the plate and in the field. In 52-Week Baseball Training, Coleman provides a complete year-round conditioning plan to keep in shape in the off-season and for peak performance during the season and playoffs.

(Preuzeto s:

[https://books.google.hr/books/about/52\\_week\\_Baseball\\_Training.html?id=4iPdJcM3J8UC&redir\\_esc=y](https://books.google.hr/books/about/52_week_Baseball_Training.html?id=4iPdJcM3J8UC&redir_esc=y))



## Complete conditioning for baseball / Steve Tamborra. Champaign, IL : Human Kinetics, c2008.

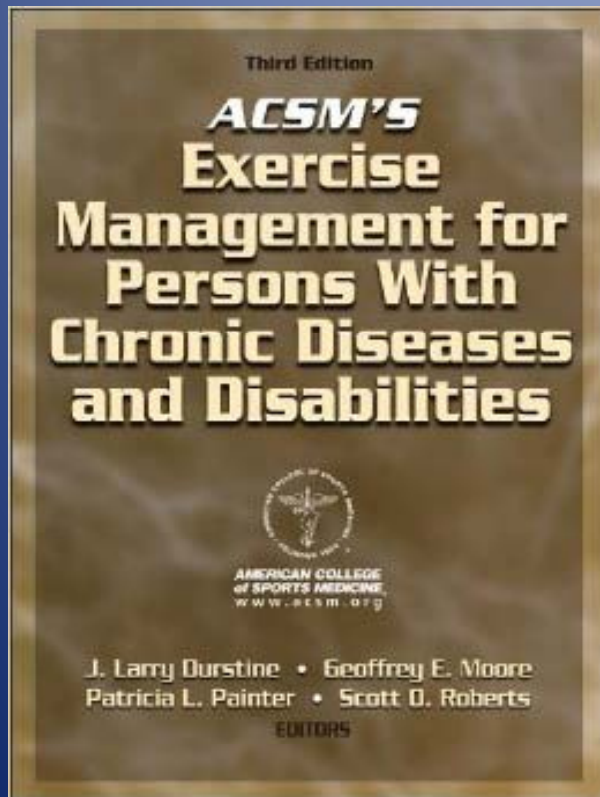


Today's players are bigger, stronger, and faster than ever before. A focused conditioning program has become essential to on-the-field success. Complete Conditioning for Baseball features a comprehensive training approach that builds players' physical abilities as well as the baseball-specific skills their positions require. Steve Tamborra, strength and conditioning coach for 60 AP Collegiate All-Americans, 16 first-round draft picks, and more than 100 athletes drafted by professional sports teams, provides exercises, drills, and programs designed to improve the essential elements of the sport—strength, power, speed, agility, and quickness. His programs will help you in these areas: Generate more power at the plate. Strengthen and protect your pitching arm. Increase the velocity of throws. Expand your range in the field. Improve quickness on the base paths. In addition, the 45-minute DVD takes you onto the diamond and into the gym to demonstrate the same exercises and drills by the game's best. With physical assessment tests, nutritional guidelines, and seasonal workouts, Complete Conditioning for Baseball is your guide to maximizing your talents and becoming a perennial all-star.

(Preuzeto s: <http://www.humankinetics.com/products/all-products/complete-conditioning-for-baseball1>)



ACSM's exercise management for persons with chronic diseases and disabilities / American College of Sports Medicine ; [edited by] J. Larry Durstine ... [et al.]. Champaign, IL : Human Kinetics, c2009



Developed by the American College of Sports Medicine (ACSM) with contributions from a specialized team of experts, this text presents a framework for optimizing patients' and clients' functionality by keeping them physically active. ACSM's Exercise Management for Persons With Chronic Diseases and Disabilities outlines why exercise is significant in the treatment and prevention of disease, advises medical and exercise professionals in considering proper exercise prescription protocols, and provides evidence-informed guidance on devising individualized exercise programs.

(Preuzeto s: <http://www.humankinetics.com/products/all-products/acsms-exercise-management-for-persons-with-chronic-diseases-and-disabilities-4th-edition>)

# Fizikalna i rehabilitacijska medicina : udžbenik za studente / Božidar Ćurković i suradnici. Zagreb : Medicinska naklada, 2004.



Ovaj novi udžbenik je rezultat uspostavljenih promjena i u ovom području medicine. Promjena je i u racionalnom i na dokazima temeljenom pristupu u liječenju i rehabilitaciji - na primjer, slabljenje dominacije elektroterapijskih postupaka i primat kineziterapije (medicinske gimnastike). Knjiga sadrži i dodatna poglavlja o mišićno-kožnim bolestima, liječenju boli, osnovama kineziologije, dijagnostičkom ultrazvuku i komplementarnim tehnikama, poglavlja o raznim metodama liječenja, o masaži, prirodnim ljekovitim činiteljima i komplementarnoj i alternativnoj medicini, i dr. Ovako koncipiran udžbenik namijenjen je ponajprije studentima medicine, a omogućuje bolje razumijevanje područja fizikalne i rehabilitacijske medicine općenito, tako da svatko tko se bavi ovim područjem medicine može naći/naučiti korisne informacije.

(Preuzeto s: <http://www.medicinskanaklada.hr/product.aspx?p=3745>)

# Križobolja : što treba znati svaka osoba koja pati od boli u križima? / Rosarija Habuš. Zagreb : Medicinska naklada, 2014.

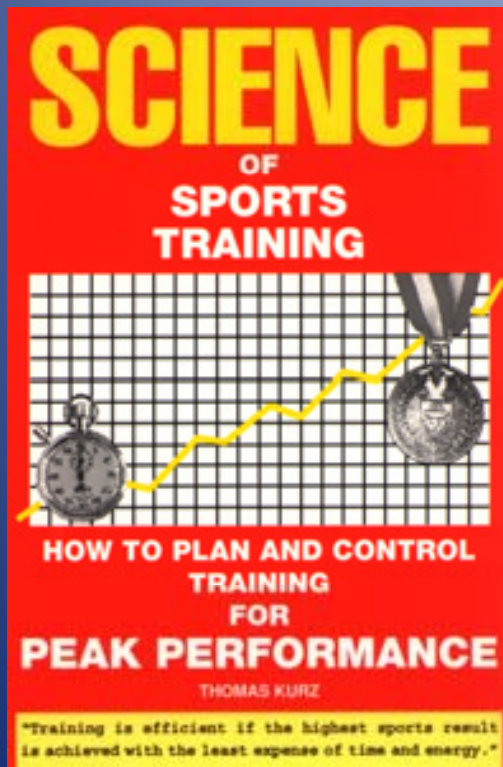


Naputci iz ovog priručnika pomoći će da razvijete aktivan odnos i izgradite pozitivan stav prema križobolji. Vrlo brzo ćete ih usvojiti i postat će korisna navika koja će vam poboljšati kvalitetu života. Na početku će vam se činiti da su ovi naputci prepreka brzom upravljanju radnji, prijetnja starom načinu života ili nova pravila koja vas onemogućuju na svakom koraku. Pružite im priliku i ubrzo nećete primjećivati da ih se pridržavate jer će postati rutina koja poboljšava vaš život. Sadržaj Priručnika: pravilno držanje, tjelesna aktivnost, zaštitni položaj prilikom obavljanja svakodnevnih aktivnosti, zaštitni položaj, vođenje brige o ležaju i stolcu, obući te kada i kako nositi steznik, tjelesna težina...

(Preuzeto s: <http://www.medicinskanaklada.hr/product.aspx?p=4274>)



# Science of sports training : how to plan and control training for peak performance / Thomas Kurz. Island Pond : Stadion, 2001.



The purpose of athletic training is to achieve the highest possible sports result (for a given individual). Training is efficient if this result is achieved with a minimal expenditure of time and energy. In accordance with the above statements, Science of Sports Training tells the reader how to achieve maximal results with minimum of effort. The book describes optimal sequence of types of efforts (exercises) in a workout, in a weekly cycle of workouts and in longer periods, and explains physiological basis for these arrangements. It covers all effective methods of developing any physical ability, skill or mental ability and it tells how and when to change the training loads, how to make training plans for any period of time (single workout, week, month, year, several years). You will learn, during a day and during a workout, when the best time is for technical, speed, strength, endurance, or flexibility exercises; when during a week should you do a given type of a workout; when and how much should you work on any ability or skill during an annual training plan. (Preuzeto s: [https://www.amazon.com/Science-Sports-Training-Control-Performance/dp/0940149109/ref=sr\\_1\\_1?ie=UTF8&qid=1475847465&sr=8-1&keywords=9780940149106](https://www.amazon.com/Science-Sports-Training-Control-Performance/dp/0940149109/ref=sr_1_1?ie=UTF8&qid=1475847465&sr=8-1&keywords=9780940149106))

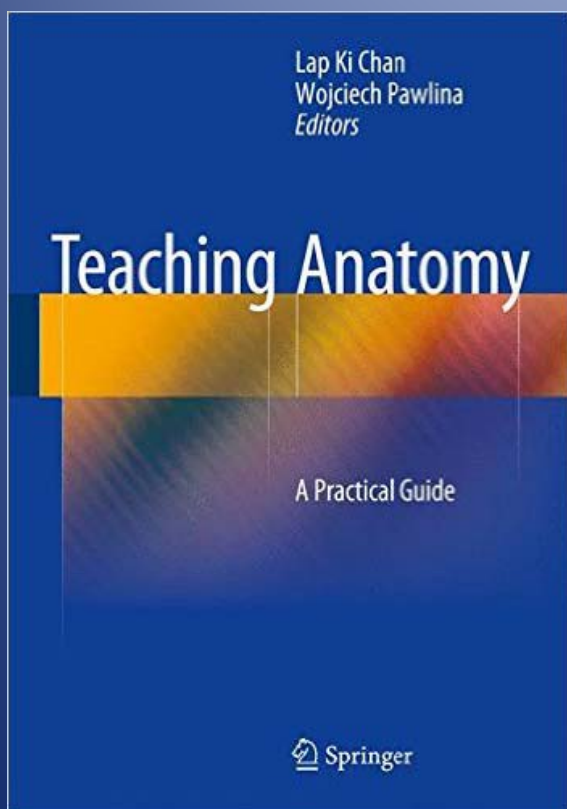
Kako plivati / Dražen Rastovski ; Nada Grčić-Zubčević ;  
Ivan Szabo. Osijek : Fakultet za odgojne i obrazovne  
znanosti, 2016.

Poglavlja iz knjige:

1. Povijest plivanja
2. Zakonitosti ponašanja tijela u vodi
3. Poduka neplivača
4. Didaktička pomagala za poduku neplivača
5. Igre u vodi
6. Plivačke tehnike
7. Postupci spašavanja kod utapanja

(Preuzeto s publikacije.)

# Teaching anatomy : a practical guide / editors Lap Ki Chan, Wojciech Pawlina. Cham : Springer, 2015.

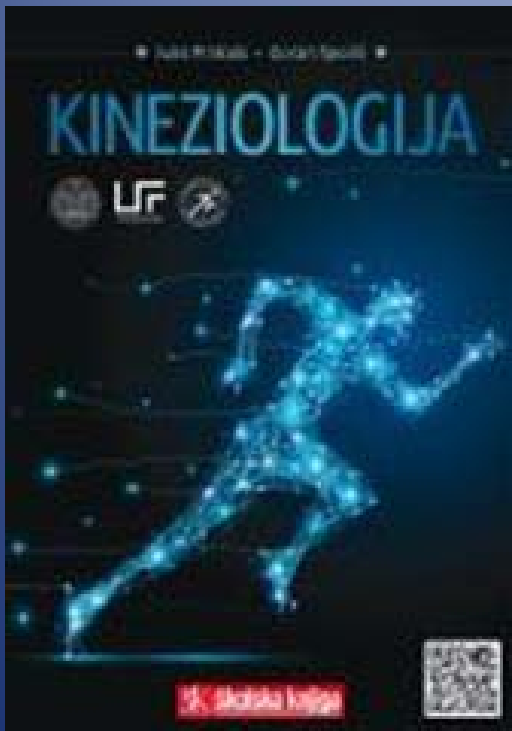


Teaching Anatomy: A Practical Guide is the first book designed to provide highly practical advice to both novice and experienced gross anatomy teachers. The volume provides a theoretical foundation of adult learning and basic anatomy education and includes chapters focusing on specific issues that teachers commonly encounter in the diverse and challenging scenarios in which they teach. The book is designed to allow teachers to adopt a student-centered approach and to be able to give their students an effective and efficient overall learning experience. Teachers of gross anatomy and other basic sciences in undergraduate healthcare programs will find in this unique volume invaluable information presented in a problem-oriented, succinct, and user-friendly format.

(Preuzeto s: [https://www.amazon.com/Teaching-Anatomy-Practical-Lap-Chan/dp/3319089293/ref=sr\\_1\\_1?ie=UTF8&qid=1475850736&sr=8-1&keywords=9783319089294](https://www.amazon.com/Teaching-Anatomy-Practical-Lap-Chan/dp/3319089293/ref=sr_1_1?ie=UTF8&qid=1475850736&sr=8-1&keywords=9783319089294))



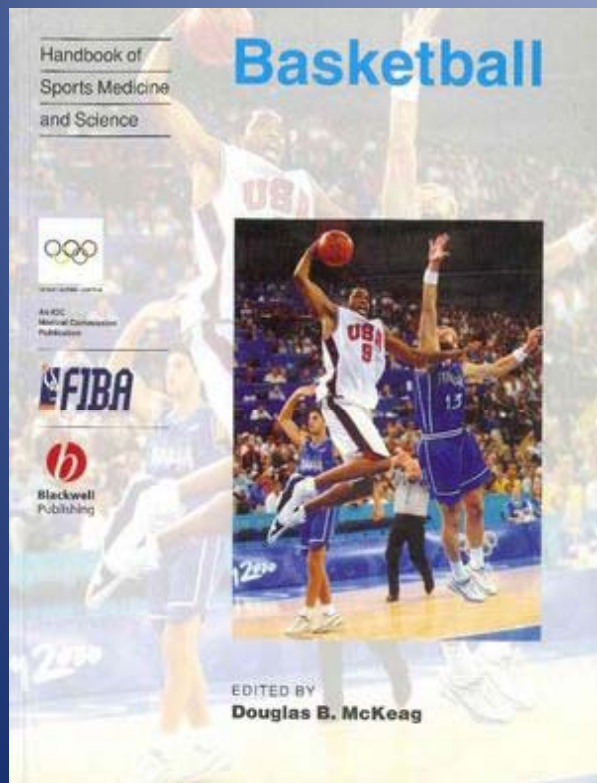
# Kineziologija / Ivan Prskalo, Goran Sporiš. Zagreb : Školska knjiga, 2016.



Sveučilišni udžbenik Kineziologija prof. dr. sc. Ivana Prskala i izv. prof. dr. sc. Gorana Sporiša te suradnika prof. emeritusa dr. sc. Vladimira Findaka, prof. emeritusa dr. sc. Milka Mejovšeka, prof. dr. sc. Stjepana Heimera, prof. dr. sc. Josipa Babina, doc. dr. sc. Vlatka Vučetića, doc. dr. sc. Marka Badrića, dr. sc. Draženka Tomića, dr. sc. Marije Lorgier te mr. sc. Snježane Mraković namijenjen je studentima kinezioloških i učiteljskih fakulteta. Većina su suradnika autori ili suautori pojedinih dijelova udžbenika. U njemu je predstavljena povijest kineziologije i njezina struktura, veza s drugim znanstvenim disciplinama, temelji upravljanja procesom vježbanja i utjecaj tog procesa na promjene osobina, sposobnosti, razmjenu informacija i zdravlje. Kako je riječ o novijoj znanstvenoj disciplini, udžbenik je važan ne samo za akademsku zajednicu nego je i koristan za svekoliku stručnu javnost. To je prvi odobreni udžbenik na Sveučilištu u Zagrebu s naslovom te znanstvene discipline.

(Preuzeto s: <https://shop.skolskaknjiga.hr/kineziologija.html>)

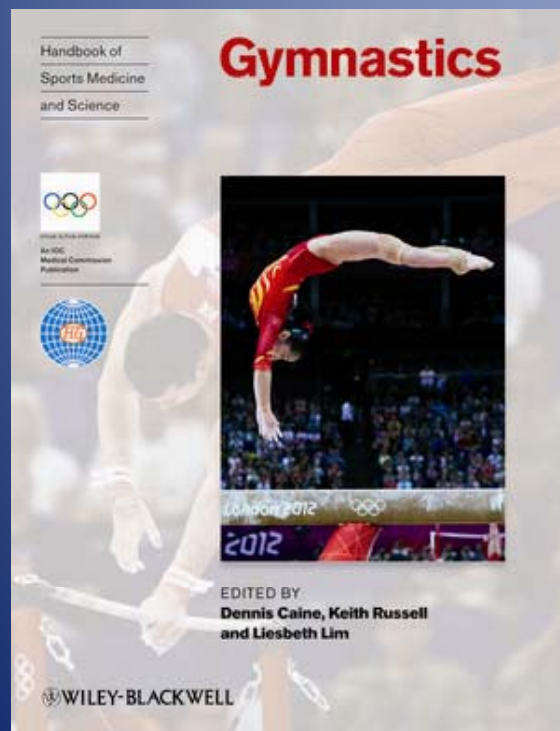
# Basketball / edited by Douglas B. McKeag. Malden : Blackwell Science, 2003.



Basketball is a further volume in the Handbook of Sports Medicine and Science Series, published under the auspices of the International Olympic Committee. It represents the most complete approach to the sport of basketball and its injuries yet published. This Handbook covers the epidemiology of basketball injury, the physiological demands of basketball, nutritional requirements, preventive medicine, preparticipation examination, and special considerations given to the young groups such as diabetics, asthmatics, and epileptics. Basketball is presented in a very practical manner to provide a 'one-stop' reference source on the sport of basketball for use by physicians, trainers, and coaches in the care of their athletes.

(Preuzeto s: [https://www.amazon.com/Handbook-Sports-Medicine-Science-Basketball/dp/0632059125/ref=sr\\_1\\_1?ie=UTF8&qid=1477036920&sr=8-1&keywords=9780632059126](https://www.amazon.com/Handbook-Sports-Medicine-Science-Basketball/dp/0632059125/ref=sr_1_1?ie=UTF8&qid=1477036920&sr=8-1&keywords=9780632059126))

# Gymnastics / edited by Dennis J. Caine, Keith Russell, Liesbeth Lim. Chichester : Wiley-Blackwell, 2013.

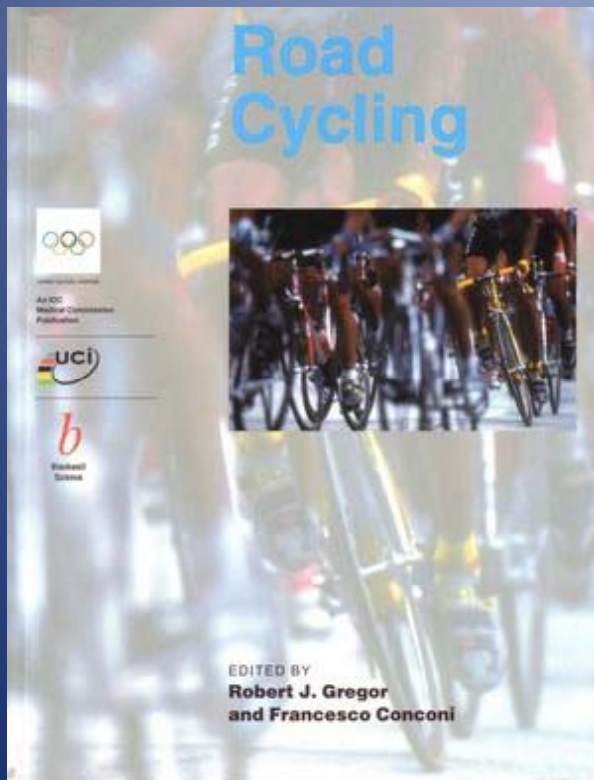


This new volume in the Handbook of Sports Medicine and Science series, published in conjunction with the Medical Commission of the International Olympic Committee, offers comprehensive and practical guidance on the training and medical care of competitive gymnasts. Written and edited by leading trainers, team doctors, coaches and other professionals with unparalleled experience in elite gymnastics, this book covers all the key aspects of caring for gymnasts, minimizing the unique risks these athletes face, and treating injuries when they happen. The book is organized into 4 sections covering: The evolution of gymnastics Growth and development Training and performance Sports medicine Individual chapters cover key topics such as energy needs and body weight management; biomechanics; psychology; the epidemiology of gymnastic injuries; treatment and rehabilitation of common injuries; injury prevention; and more. sport.

(Preuzeto s: <http://www.medicinskanaklada.hr/product.aspx?p=4274>)



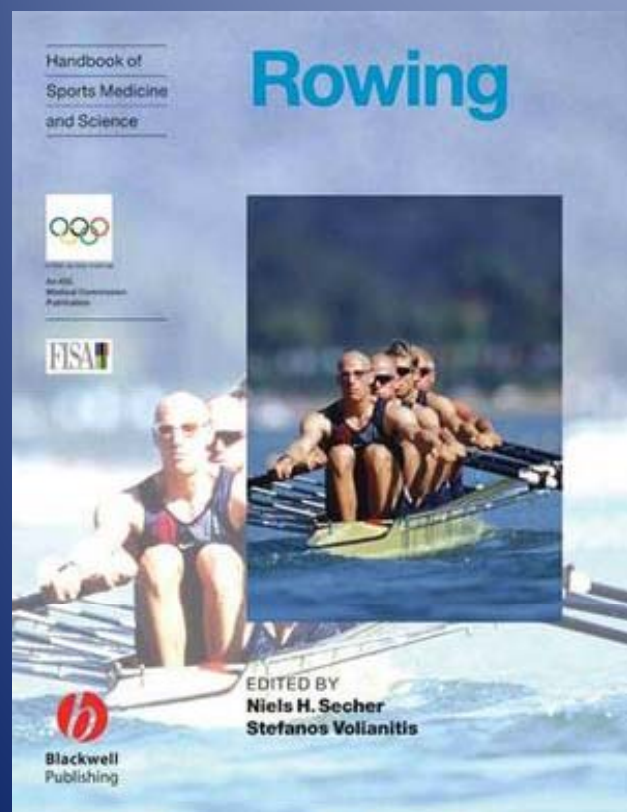
# Road cycling / edited by Robert J. Gregor, Francesco Conconi. Malden : Blackwell Science, c2000.



The fourth volume in this acclaimed series, Road Cycling concentrates on the techniques of conditioning, road cycling biomechanics, nutrition and hydration, trauma, and the various medical problems encountered by the competitive road cyclist. Edited by two of the world's leading authorities, this new book draws together expertise from contributors from The Netherlands, Italy, and the United States to present an authoritative reference for all those actively involved in the sport.

(Preuzeto s: [https://www.amazon.com/Handbook-Sports-Medicine-Science-Cycling/dp/086542912X/ref=sr\\_1\\_1?ie=UTF8&qid=1477038732&sr=8-1&keywords=9780865429123](https://www.amazon.com/Handbook-Sports-Medicine-Science-Cycling/dp/086542912X/ref=sr_1_1?ie=UTF8&qid=1477038732&sr=8-1&keywords=9780865429123))

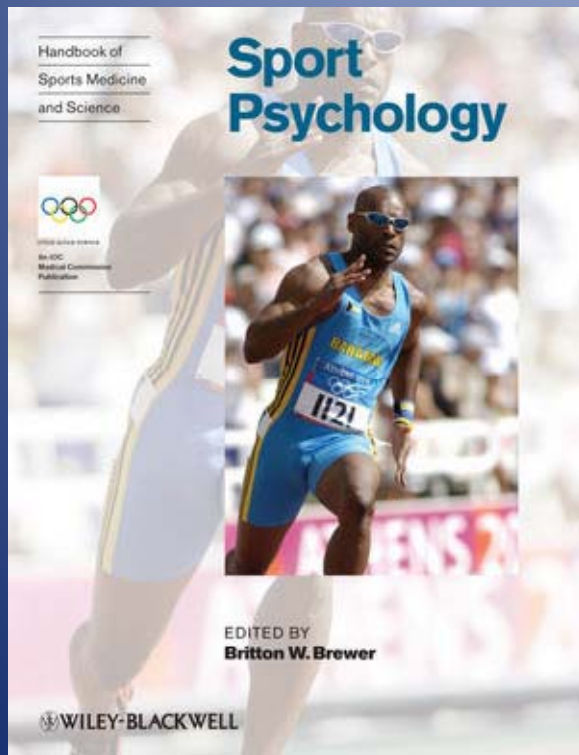
# Rowing / edited by Neils H. Secher and Stefanos Volianitis. Malden : Blackwell Pub, 2007.



This volume in the Handbook of Sports Medicine and Science series delivers up-to-date scientific knowledge alongside practical applications in rowing, making it an invaluable resource for researchers, coaches and rowers of all abilities. Published under the auspices of the International Olympic Committee, in collaboration with the International Rowing Federation (FISA), Rowing: Provides key knowledge of the historical, nutritional and psychological aspects of rowing Offers ground-breaking physiological insights which can help shape future training methodologies Features a rowing periodization plan to help trainers and athletes create comprehensive and effective training programs, racing plans and tactics.

(Preuzeto s: [https://www.amazon.com/Handbook-Sports-Medicine-Science-Rowing/dp/1405153733/ref=sr\\_1\\_1?ie=UTF8&qid=1477051852&sr=8-1&keywords=9781405153737](https://www.amazon.com/Handbook-Sports-Medicine-Science-Rowing/dp/1405153733/ref=sr_1_1?ie=UTF8&qid=1477051852&sr=8-1&keywords=9781405153737))

# Sport psychology / edited by Britton W. Brewer. Chichester : Wiley-Blackwell, 2009.

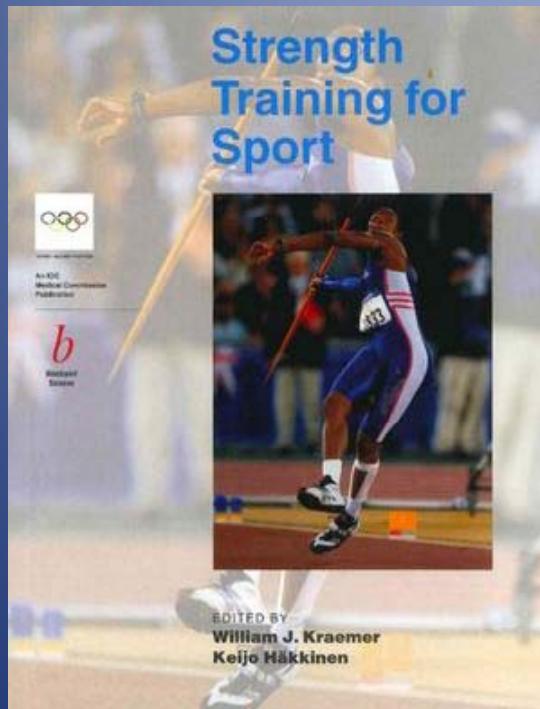


This volume in the Handbook of Sports Medicine and Science series presents a concise summary of the science and practice of psychology in the context of sport. Psychological aspects central to sport performance such as motivation, cognition, stress, confidence, and mental preparation are examined and interventions designed to enhance individual and team performance are reviewed. Reflecting the breadth of the field, issues such as sport injury prevention and rehabilitation, athlete psychopathology, child and adolescent development, sport career termination, and the practice of sport psychology are also addressed. Published under the auspices of the Medical Commission of the International Olympic Committee, Sport Psychology shows how the performance and the overall well-being of athletes can be improved by highlighting research findings and their practical application.

(Preuzeto s: [https://www.amazon.com/Handbook-Sports-Medicine-Science-Psychology/dp/1405173637/ref=sr\\_1\\_1?ie=UTF8&qid=1477050504&sr=8-1&keywords=9781405173636](https://www.amazon.com/Handbook-Sports-Medicine-Science-Psychology/dp/1405173637/ref=sr_1_1?ie=UTF8&qid=1477050504&sr=8-1&keywords=9781405173636))



Strength training for sport / edited by William J. Kraemer,  
Keijo Häkkinen. Malden : Blackwell Science, 2002.



A high-quality complement to the handbooks on particular sports, the handbook on Strength Training for Sport presents both the basic concepts and theoretical background for sports-specific strength training as well as the practical consideration in designing the overall program. Separate chapters deal with periodization, gender differences, detraining, and over training. Sample programs are presented for soccer, volleyball, wrestling, endurance running, swimming, and shot put and discus.

(Preuzeto s: [https://www.amazon.com/Strength-Training-Sport-William-Kraemer/dp/0632055685/ref=sr\\_1\\_1?ie=UTF8&qid=1477049409&sr=8-1&keywords=9780632055685](https://www.amazon.com/Strength-Training-Sport-William-Kraemer/dp/0632055685/ref=sr_1_1?ie=UTF8&qid=1477049409&sr=8-1&keywords=9780632055685))

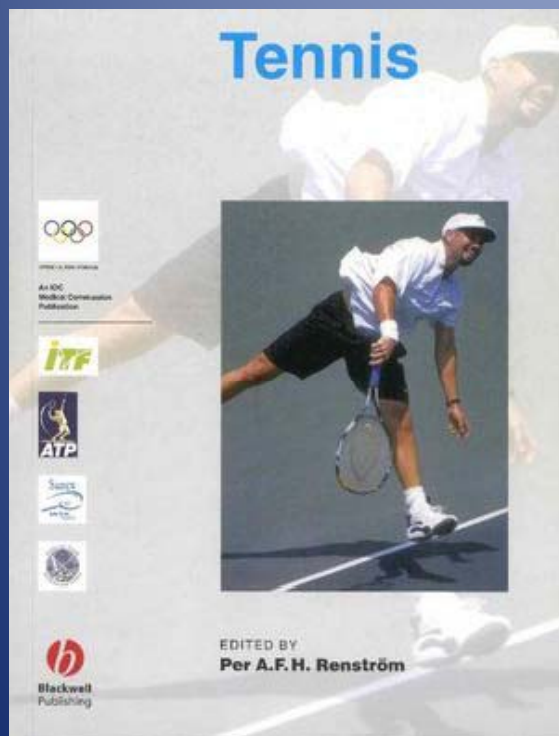
Swimming / edited by Joel M. Stager and David A. Tanner. Malden, Mass : Blackwell Science, 2005.



The long awaited new edition of Swimming updates the highly successful first edition edited by Costill, Maglishco and Richardson which was published in the early 1990s. The Second Edition contains less material on how to swim and more on the physics of swimming. It contains information on the latest methods of analyzing swim performances. It presents current sports science knowledge specifically relevant to coaching swimmers at club, county or national level. Covering characteristics of swimming including important concepts in propulsion, functional anatomy, physiology, biochemistry, biomechanics and psychology.

(Preuzeto s: [https://www.amazon.com/Handbook-Sports-Medicine-Science-Swimming/dp/0632059141/ref=sr\\_1\\_1?ie=UTF8&qid=1477048329&sr=8-1&keywords=9780632059140](https://www.amazon.com/Handbook-Sports-Medicine-Science-Swimming/dp/0632059141/ref=sr_1_1?ie=UTF8&qid=1477048329&sr=8-1&keywords=9780632059140))

# Tennis / edited by Per A. F. H. Renström. Malden: Blackwell Science, 2003.

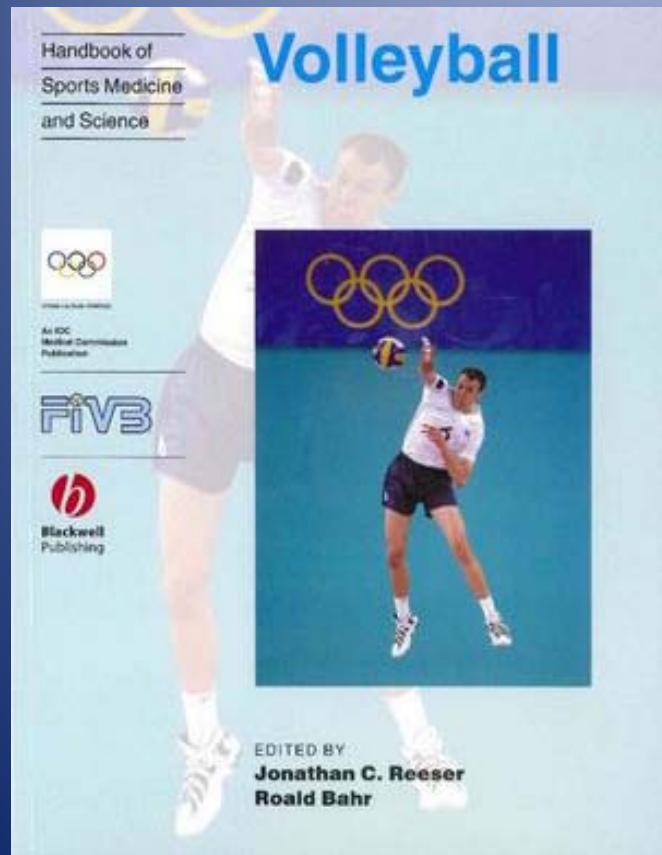


Tennis is a further volume in the Handbook of Sports Medicine and Science Series, published under the auspices of the International Olympic Committee. It summarizes key aspects of training the tennis-playing athlete, including biomechanics, equipment, nutrition and common injuries. It aims to provide sport doctors, coaches, athletes and physical therapists with an authoritative, but easily digested, overview of the scientific principles and practical aspects of training tennis players. This new addition to the Handbook series will allow the tennis coach, athlete, and medical professional responsible for their care to improve technique, training and performance, and to reduce the risk of injury.

(Preuzeto s: [https://www.amazon.com/Tennis-Olympic-Handbook-Sports-Medicine/dp/0632050349/ref=sr\\_1\\_1?ie=UTF8&qid=1477045095&sr=8-1&keywords=9780632050345](https://www.amazon.com/Tennis-Olympic-Handbook-Sports-Medicine/dp/0632050349/ref=sr_1_1?ie=UTF8&qid=1477045095&sr=8-1&keywords=9780632050345))



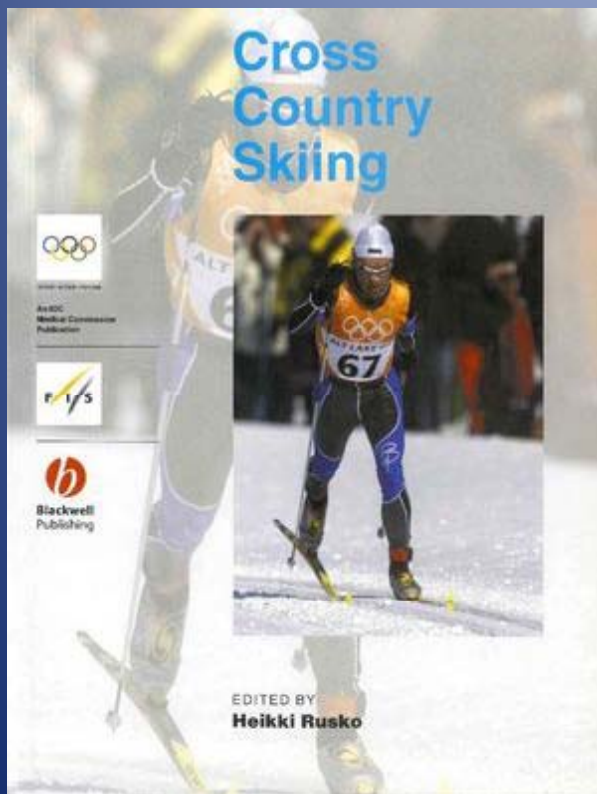
# Volleyball / edited by Jonathan Reeser, Roald Bahr. Malden, Mass : Blackwell Science, 2003.



This addition to the Handbook series is presented in five sections. The first section covers basic and applied science, including biomechanics, the physiologic demands of volleyball, conditioning and nutrition. The second section looks at the role of the medical professional in volleyball, covering team physicians, pre-participation examination, medical equipment at courtside and emergency planning. The third section looks at injuries - including prevention, epidemiology, upper and lower limb injuries and rehabilitation. The next section looks at those volleyball players who require special consideration: the young, the disabled, and the elite, as well as gender issues. Finally, section five looks at performance enhancement.

(Preuzeto s: [https://www.amazon.de/Handbook-Sports-Medicine-Science-Volleyball/dp/0632059133/ref=sr\\_1\\_1?ie=UTF8&qid=1477040170&sr=8-1&keywords=9780632059133](https://www.amazon.de/Handbook-Sports-Medicine-Science-Volleyball/dp/0632059133/ref=sr_1_1?ie=UTF8&qid=1477040170&sr=8-1&keywords=9780632059133))

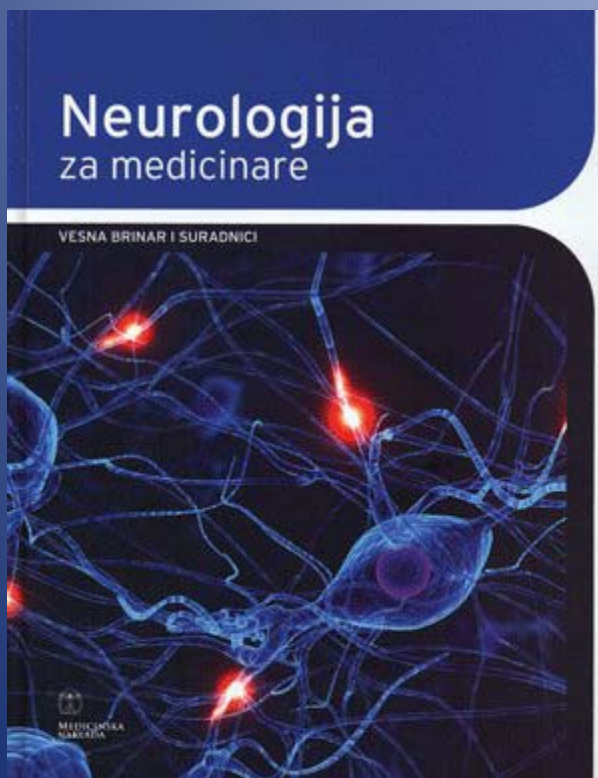
# Cross country skiing / edited by Heikki Rusko. Malden, MA : Blackwell Science, Ltd, 2003.



The Handbooks of Sports Medicine and Science present basic clinical and scientific information in a clear style and format as related to specific sports events drawn from the Olympic Summer and Winter Games. Each handbook is written by a small team of authorities co-ordinated by an editor who is internationally respected and recognised in the particular sport activity. Each volume presents up-to-date information on the basic biology of the sport, conditioning techniques, nutrition, and the medical aspects of injury prevention, treatment, and rehabilitation. This Handbook will constitute the most complete and authoritative source of information in existence as regards the scientific and clinical aspects of cross country skiing.

(Preuzeto s: [https://www.amazon.com/Handbook-Sports-Medicine-Science-Country/dp/0632055715/ref=sr\\_1\\_1?ie=UTF8&qid=1477037673&sr=8-1&keywords=9780632055715](https://www.amazon.com/Handbook-Sports-Medicine-Science-Country/dp/0632055715/ref=sr_1_1?ie=UTF8&qid=1477037673&sr=8-1&keywords=9780632055715))

# Neurologija za medicinare / Vesna Brinar i suradnici. Zagreb : Medicinska naklada, 2009.



Udžbenik je namijenjen studentima medicine, iako njegova opširnost u nekim poglavljima može biti korisna i specijalizantima iz područja neurologije i drugih srodnih specijalnosti, posebice neurokirurgije, interne medicine, patologije i neuroradiologije. Takva je koncepcija udžbenika temeljena u namjeri da ne samo studentima, nego i liječnicima obiteljske medicine i pojedinih srodnih specijalnosti budu pristupačni različiti neurološki entiteti i mogućnosti njihova liječenja. Udžbenik je rezultat dosadašnje opsežne nastavničke aktivnosti Katedre za neurologiju, te su većim dijelom u pisanju udžbenika korištena predavanja nastavnika Katedre za neurologiju Medicinskog fakulteta Sveučilišta u Zagrebu, ali i drugih neurologa KBC-a Zagreb, koji su istaknuti i priznati stručnjaci u određenim neurološkim područjima.

(Preuzeto s: <http://www.medicinskanaklada.hr/product.aspx?p=4012>)



# Najbolji vodič za trčanje i maraton / [autori tekstova Glen Thurgood, Gareth Sapstead, Chris Stankiewicz]. Zagreb: Mozaik knjiga, 2015.



Bez obzira na to jeste li u trčanju početnik ili ste iskusan sportaš, ovaj će priručnik taj sport učiniti još korisnijim tako što će od vas učiniti učinkovitijeg i razboritijeg trkača. Pomoći će vam da se usredotočite na razumne ciljeve koje možete postići te će vam zadati strukturirane i ostvarive programe treninga. Navodit će vas na putu izgradnje dobre osnove tjelesne spremnosti, uza stručne treninge za snagu i jačanje trupa koji će također unaprijediti vašu sveukupnu snagu i pokretljivost u svakodnevnu životu.

Priručnik obuhvaća sve što je potrebno za svakodnevno trčanje, od uobičajenih trkačkih ozljeda i načina kako ih spriječiti do prikladne odjeće, odgovarajuće prehrane i savjeta o nadomještanju tekućine. Onima koji doista žele ispitati svoju izdržljivost također pruža savjete i strategije o usavršavanju priprema za dan utrke, izvedbi i oporavku, bez obzira na to spremate li se na svoju prvu kratku utрку ili ste se odvažili na puni maraton.

(Preuzeto s: <http://mozaik-knjiga.hr/knjige/najbolji-vodic-za-trcanje-i-maraton-2/>)