

## Table of content

<b>Preface</b> .....	5
<b>Introduction</b> .....	9
I. <i>Physical activity and quality of life in golden age.</i> Ivan Uher, Milena Švedová .....	11
II. <i>Recommendations of physical activity for people with Parkinson's disease.</i> Joanna Cholewa, Jarosław Cholewa .....	29
III. <i>The relationship between physical activity and tourism.</i> Merve Aycan, Seda Şahin, Bayram Şahin .....	41
IV. <i>Motivational aspects of active sport tourism.</i> Rajmund Tomik, Agnieszka Ardeńska .....	65
V. <i>Physical activity, nutrition and their interconnection with oxidative stress.</i> Tatiana Kimáková .....	77
VI. <i>Characteristics of individual and collective hunting as main forms of recreational hunting.</i> Miłosz Witkowski, Ewelina Witkowska .....	99
VII. <i>Esthetics in physical activity and its paralell to the abuse in sport.</i> Ivan Uher, Milena Švedová .....	111
VIII. <i>Physical fitness of professional water rescue.</i> Arkadiusz Stanula, Andrzej Ostrowski, Dariusz Skalski, Wojciech Wiesner .....	129
IX. <i>Polioptimization in sports training.</i> Jarosław Cholewa, Marcin Kunicki, Agnieszka Ostrowska, Dusan Viktorjenik .....	143
X. <i>Comparative analysis of functional parameters based on the functional movement screen – football players and strength training individuals – pilot study.</i> Jolanta Rojczyk-Chmarek, Jacek Polechoński, Paweł Poks .....	163
XI. <i>The endurance preparation characteristics of direct initial preparation mesocycle in mixed martial arts (MMA).</i> Mariusz Radliński, Jarosław Cholewa .....	177
<b>Resume</b> .....	193
<b>Conclusions</b> .....	197
<b>Authors</b> .....	199