Vol. 3, No. 4, November 2013



# **Advances in Physical Education**





www.scirp.org/journal/ape

# **Journal Editorial Board**

ISSN: 2164-0386 (Print), 2164-0408 (Online) http://www.scirp.org/journal/ape

# **Editor-in-Chief**

Prof. Stephen A. Wallace

San Francisco State University, USA

# **Editorial Board**

**Prof. Julien Steven Baker** Prof. João Barreiros Dr. Weiyun Chen **Prof. Michael Chia Dr. Felice Corona Dr. Stuart Fairclough Dr. Coral Falcó** Dr. Arend W. A. Van Gemmert Dr. Paul M. Gordon **Dr. Vello Hein** Dr. Rainbow Tin Hung Ho Dr. Jeanne Keay Dr. Sergej M. Ostojic Prof. Vincenzo Romano Spica **Prof. Brandon S. Shaw Dr. David E. Sherwood Dr. Gary Stidder** Dr. William Ben Strean Prof. James H-C. Wang **Prof. Lin-Hwa Wang Dr. Peter Whipp Dr. Philip Michael Wilson** 

# **Guest Reviewer**

Sardar Mohammadi

University of the West of Scotland, UK Technical University of Lisbon, Portugal University of Michigan, USA Nanyang Technological University, Singapore University of Salerno, Italy Liverpool John Moores University, UK Catholic University of Valencia, Spain Louisiana State University, USA Baylor University, USA University of Tartu, Estonia The University of Hong Kong, China UK Higher Education Academy, UK Metropolitan University, Serbia University of Rome "Foro Italico", Italy University of Johannesburg, South Africa University of Colorado, USA University of Brighton, UK University of Alberta, Canada University of Pittsburgh, USA National Cheng Kung University, Chinese Taipei University of Western Australia, Australia Brock University, Canada



### TABLE OF CONTENTS

Volume 3 Number 4	November 2013
Evidence for the Efficacy of the Youth-Physical Activity towards Health (Y-PATH) Intervention	
W. O' Brien, J. Issartel, S. Belton	
Mixed Doubles Match Technical and Tactical Analysis of World Badminton Champion	
Based on Mathematical Statistics	
B. Zhang, F. Li, W. Q. Jiang	154
Psychometric Properties of the Greek Version of the Children and Youth Physical Self-Perception Profile Questionnaire	
A. Kolovelonis, M. Mousouraki, M. Goudas, M. Michalopoulou	158
Relationship between Untouched-Toes and Heel Load in Preschool Children	
S. Matsuda, S. Demura, K. Kasuga, H. Sugiura	
The Acute Administration of Carnosine and Beta-Alanine Does Not Improve Running Anaerobic	
Performance and has No Effect on the Metabolic Response to Exercise	
P. L. Invernizzi, S. Benedini, S. Saronni, G. Merati, A. Bosio	169
Techniques Used by Elite Thai and UK Muay Thai Fighters: An Analysis and Simulation	
T. Myers, N. Balmer, A. Nevill, Y. Al-Nakeeb	175
Adaptive Behaviour and Paddle Tennis: A Case Study of Down's Syndrome	
R. De la Vega, R. Ruíz, M. De la Rocha, J. Onrubia, O. Rivera	
Reliability, Validity and Minimal Detectable Change of a New Multi-Change of Directionagility Test for	r Soccer Players
M. B. Brahim, R. Bougatfa, M. Amri	
Effects of Carnosine and Beta-Alanine Ingestion on Anaerobic Sprint Performance and Peripheral Blood Mononuclear Cell Interleukin-6 and -10 Gene Expression	
P. L. Invernizzi, B. Venerando, F. Di Pierro, S. Saronni, N. Papini	197
Effects of Differences in Manipulation and Supporting Legs and Moving Target Speed on a Visual Trac Test Using Center of Pressure	cking
H. Kawabata, S. Demura, M. Uchiyama	
Patterns of Interpersonal Coordination in Rugby Union: Analysis of Collective Behaviours in a Match S	Situation
M. Rodrigues, P. Passos	209
The Fundamental Movement Skills of a Year 9 Group and a Gifted and Talented Cohort	
G. Griffiths, R. Billard	215

The figure on the front cover is from the article published in Advances in Physical Education, 2013, Vol. 3, No. 4, pp. 205-208 by Haruka Kawabata, Shinichi Demura and Masanobu Uchiyama.

#### **Advances in Physical Education (APE)**

#### **Journal Information**

#### SUBSCRIPTIONS

The *Advances in Physical Education* (Online at Scientific Research Publishing, www.SciRP.org) is published quarterly by Scientific Research Publishing, Inc., USA.

#### **Subscription rates:**

Print: \$59 per issue. To subscribe, please contact Journals Subscriptions Department, E-mail: sub@scirp.org

#### SERVICES

Advertisements Advertisement Sales Department, E-mail: service@scirp.org

Reprints (minimum quantity 100 copies) Reprints Co-ordinator, Scientific Research Publishing, Inc., USA. E-mail: sub@scirp.org

#### COPYRIGHT

Copyright©2013 Scientific Research Publishing, Inc.

All Rights Reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, scanning or otherwise, except as described below, without the permission in writing of the Publisher.

Copying of articles is not permitted except for personal and internal use, to the extent permitted by national copyright law, or under the terms of a license issued by the national Reproduction Rights Organization.

Requests for permission for other kinds of copying, such as copying for general distribution, for advertising or promotional purposes, for creating new collective works or for resale, and other enquiries should be addressed to the Publisher.

Statements and opinions expressed in the articles and communications are those of the individual contributors and not the statements and opinion of Scientific Research Publishing, Inc. We assumes no responsibility or liability for any damage or injury to persons or property arising out of the use of any materials, instructions, methods or ideas contained herein. We expressly disclaim any implied warranties of merchantability or fitness for a particular purpose. If expert assistance is required, the services of a competent professional person should be sought.

#### **PRODUCTION INFORMATION**

For manuscripts that have been accepted for publication, please contact: E-mail: ape@scirp.org



# **Call for Papers**

# **Advances in Physical Education**

ISSN: 2164-0386 (Print), 2164-0408 (Online) http://www.scirp.org/journal/ape

Advances in Physical Education (APE) is an international journal dedicated to the latest advancement of physical education. The goal of this journal is to provide a platform for scientists and academicians all over the world to promote, share, and discuss various new issues and developments in different areas of physical education.

## **Editor-in-Chief**

Prof. Stephen A. Wallace

San Francisco State University, USA

### Subject Coverage

This journal invites original research and review papers that address the following issues in physical education. Topics of interest include, but are not limited to:

- Athletics and outdoor sports
- Biomechanics
- Exercise physiology
- Health education
- History of kinesiology
- History of physical education
- Human anatomy
- Human physiology
- Indoor and outdoor sports
- Motor control
- Motor development
- Motor learning
- National traditional sports

- PE learning outcomes
- PE pedagogy
- PE teachers career
- PE teachers working lives
- Philosophy of physical education, dance, sport and kinesiology
- Physical activity
- Sports health care
- Sports humanistic sociology
- Sports psychology
- Sports science
- Sports statistics
- Sports training study

We are also interested in short papers (letters) that clearly address a specific problem, and short survey or position papers that sketch the results or problems on a specific topic. Authors of selected short papers would be invited to write a regular paper on the same topic for future issues of the *APE*.

## **Notes for Intending Authors**

Submitted papers should not have been previously published nor be currently under consideration for publication elsewhere. Paper submission will be handled electronically through the website. All papers are refereed through a peer review process. For more details about the submissions, please access the website.

Website and E-Mail

http://www.scirp.org/journal/ape E-mail: ape@scirp.org