# TABLE OF CONTENTS

1) Khue Ai Thi HOANG, Hung Manh NGUYEN  
*The Effectiveness of Practicing Pranayama Yoga on Some Respiratory Indicators in Patients Suffering from Bronchial Disease, 6-12*  
Doi Number: http://dx.doi.org/10.14486/IJSCS245

2) J. KARTHIKEYAN  
*Effect of Yoga and Aerobic Training on Bio Chemical Variables in Middle Aged Diabetic Patients, 13-20*  
Doi Number: http://dx.doi.org/10.14486/IJSCS244

3) Sadegh JAHANGIRI, Katayoon SHAHRIVARI, Ebrahim NATEGH, Masoud FIROUZI, Amin AZIMKHANI  
*Investigating the Effect of the In-service Training on the Performance of Welfare Organization Employees of Khorasan Razavi Province, 21-28*  
Doi Number: http://dx.doi.org/10.14486/IJSCS243

4) Javad AMIRI  
*Evaluating the Influence of Employees’ Professional Ethic on Their Knowledge Sharing (A Case Study: the Health Insurance Administration of Kermanshah Province), 29-40*  
Doi Number: http://dx.doi.org/10.14486/IJSCS250

5) Nikolay MOROZOV, Tatiana MOROZOVA  
*Optimization of the Training Process in the Clay Pigeon Shooting, Taking into Account the Dynamics of Load Intensity Changes, 41-47*  
Doi Number: http://dx.doi.org/10.14486/IJSCS253

6) Alexander PAVLOV, Elena KOMOVA, Alexander PETROV  
*Coaching Expertise: Science or Skills?, 48-54*  
Doi Number: http://dx.doi.org/10.14486/IJSCS254

7) Elena KOMOVA, Sergey LITVINOV, Anna SKOTNIKOVA  
*Sport Education at Russian High Schools (from 18th to 21st century), 55-63*  
Doi Number: http://dx.doi.org/10.14486/IJSCS256

8) Charles Ricardo LOPES, Alex Harley CRISP, Moisés Diego GERMANO, Renê Scarpari de MATTOS, Márcio Antonio Gonsalves SINDORF, Gustavo Ribeiro da MOTA, Paulo Henrique MARCHETTI, Rozangela VERLENGIA  
*Effects of Pre-Season Short-Term Daily Undulating Periodized Training on Muscle...*
Strength and Sprint Performance of Under-20 Soccer Players, 64-72
Doi Number: http://dx.doi.org/10.14486/IJSCS274

9) Rajkumar SHARMA
Preferred Leadership Behaviours of Male and Female Badminton Players, 73-83
Doi Number: http://dx.doi.org/10.14486/IJSCS278

10) Pasquale MOLITERNI, Gianni CAIONE
Sport & Good Practices of Integration for the Encounter among Cultures in the New Millennium, 84-97
Doi Number: http://dx.doi.org/10.14486/IJSCS404

11) Ali Aziz Dawood AL SUDANI, Kamila BUDZYNSKA
Emotional Intelligence, Physical Activity and Coping with Stress in Adolescents, 98-104
Doi Number: http://dx.doi.org/10.14486/IJSCS408

12) Asim CENGIZ, Mensure YAMAN, Cetin YAMAN
Yoga, Anxiety, and Some Cardiovascular Risk Factors in Women, 105-112
Doi Number: http://dx.doi.org/10.14486/IJSCS410

13) Angela MAGNANINI, Pau Espinosa TRULL
Sport for All: Italian Model, 113-127
Doi Number: http://dx.doi.org/10.14486/IJSCS418

14) Tahereh RAHMATI
The Prioritization and Comparison of Technical Background Criteria in the Selection Of Iran’s National Table Tennis Coach: Sport Elites Perspectives, 128-136
Doi Number: http://dx.doi.org/10.14486/IJSCS333

15) Saliha AĞAÇ, Menekşe SAKARYA
Optical Illusions and Effects on Clothing Design, 137-157
Doi Number: http://dx.doi.org/10.14486/IJSCS272

16) Saliha AĞAÇ, Nalan GÜRŞAHBAZ, Berna YILDIRIM ARTAÇ
Brand Placement in Establishing Corporate Identity -A University Example-, 158-168
Doi Number: http://dx.doi.org/10.14486/IJSCS403