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Editorial

- 3 **Lara, A.J. (2010).** Promotion of alternative sports as educational facilities. *J of Sport Health Res*, 2(1):3-6.

Review Articles

- 7 **González, J.A. (2010).** Nutritional balance and performance in soccer. A real proposal based in the supercompensation of carbohydrates. *J Sport Health Res*, 2(1):7-16.
- 17 **Granero, A; Baena, A. (2010).** The search for nature as a way of compensation of the new urban lifestyle. *J Sport Health Res*, 2(1):17-25.

Original Articles

- 26 **Fuentes, J.P.; Díaz, C. (2010).** Analysis of heart rate during a tennis training session and its relationship with heart-healthy index. *J Sport Health Res*, 2(1):26-34.
- 35 **Ashoke, B.; Skikha, D.; Sudarsan, B. (2010).** Reaction time with respect to the nature of stimulus and age of male subjects. *J Sport Health Res*, 2(1):35-40.
- 41 **Santana, F.J.; Fernández, E.; Merino, R. (2010).** The effects of the pilates method on the strength, flexibility, agility and balance of professional mountain bike cyclist. *J Sport Health Res*, 2(1):41-54.

Experiences/Reflexions

- 55 **Amorrortu, J.M. (2010).** Training culture. *J Sport Health Res*, 2(1):55-57.