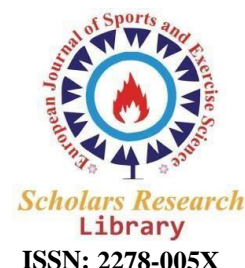




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Editor Note on the Recently Published Issues John George*

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EUROPEAN JOURNAL OF SPORTS & EXERCISE SCIENCE has successfully released 3 issues in this year. The issues are filled with quality work submitted by various authors from all over the world. Through this note we would like to summarize the articles published in these issues. Volume 9 Issue 1 consisted of articles on various topics like “Common Injuries and Their Prevention in Kabaddi” by Sajjan Pal and co-authors, “Head Linear and Rotational Forces” by Adam Thomas, “Cephalomedullary Nailing” by Anwar Khan, “Impact of Nutrition and Its Deviations upon Child” by Sirma Todorova Angelova, “Pediatric Cardiac Services” by Murtaza Kamal, “Subtrochanteric Femoral Fractures” by Anwar Khan. Volume 9 Issue 2 again includes 5 articles on various trending topics like “Adult Lactose Intolerance” by Amina Fouad Al Houssari, “Upper and Lower Body Muscular Strength” by Abdul Munan, “Protein Intake” by Charlotte Baker, “junk food consumption” by Mohammad Inam Khan, “COVID-19 healing intervention” by Regina Cardaci. The Impact of Nutrition and Its Deviations upon Child’s Health- Literature Review was the most viewed article which basically explained The condition of malnutrition is associated to disturbed equilibrium between the intake and consumption of energy and nutrients. Some non-communicable diseases can be provoked by surplus or insufficiency of nutrients. Under-nutrition and obesity afflict social, medical and economic aspects of life in a world-wide scale on personal and social level. Screening of malnutrition plays a significant role for timely detection and evaluation of the risk of disturbed nutritional status in children. Pediatric Feeding Disorder is related to the state of nutritional, medical or psychosocial decompensation. Another work entitled “Alliance of Upper and Lower Body Muscular Strength With Cardio Respiratory Endurance Among School Going Children Punjab Pakistan” explained The aim of this study was to explore the Alliance between upper and lower body muscular strength as well as cardiorespiratory endurance among school going children Punjab, Pakistan 12 to 16 years of age. A sample of 1840 boys was drawn from the targeted population. Children were tested on Standing Broad Jump to measure the strength of lower body muscles, Used on handgrip to measure the strength of upper body muscles, Beep Test for cardiorespiratory endurance and height and weight to determine Body Mass Index (BMI). Multiple regression analysis depicted association of lower body muscular strength Standing broad jump with upper body muscular strength handgrip and cardio- respiratory endurance Beep Test ($R^2=0.010$ and 0.11 respectively). The analysis reflected the significant Alliance, though weak, between lower body strength standing broad jump and upper body strength handgrip and cardio respiratory endurance Beep Test. Hence lower body muscular strength can be considered useful indicator for muscular strength and cardio-respiratory endurance among school going children Punjab, Pakistan. Journal is now successfully running in Volume 9 Issue 4 and we along with our editorial board members and the reviewer board members will continue to publish quality work in near future.