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Autore	Cacek Jan
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Altri autori (Persone)	SajdlováZuzana ŠimkováKatarína BanMaja urkoviTomislav MareliNenad ZekiRobert HedbávnýPetr KalichováMiriam RabenseifnerMichal
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Proceedings of the 12th Conference of Sport and Quality of Life 2019 gathers submissions of participants of the conference. Every submission is the result of positive evaluation by reviewers from the corresponding field. Conference is divided into sections - Analysis of human movement; Sport training, nutrition and regeneration; Sport and social sciences; Active ageing and sarcopenia; Strength and conditioning training; section for PhD students.