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- 3 **Lara, A.J. (2009).** Structural changes to improve quality and diffusion. *J of Sport Health Res*, 1(1):3-4.

Original Articles

- 5 **Hernández, R; Torres, G. (2009).** Fighting in the judo competition individuals and teams. Differences in temporary structure. *J Sport Health Res*, 1(1):5-11.
- 12 **Latorre, P.A.; Gasco, F.; García, M.; Martínez, R.M.; Quevedo, O.; Carmona, F.J.; Rascón, P.J.; Romero, A.; López, G.A.; Malo, J. (2009).** Analysis of the influence of the parents in the sports promotion of the children. *J Sport Health Res*, 1(1):12-25.
- 26 **Martínez-López, E.J.; Cachón, J.; Moral, J.E. (2009).** Influences of the school and family context in the adolescent's physical activity. Special attention to the obese pupil. *J Sport Health Res*, 1(1):26-45

Review Articles

- 46 **Berdejo, D.; González, J. M. (2009).** Strength training in young tennis players. *J Sport Health Res*, 1(1):46-55.
- 56 **Chulvi, I.; Heredia, I.; Isidro, F.; Masiá, L. (2009).** Dose in resistance training for the health: criteria for the exercise selection. *J Sport Health Res*, 1(1):56-67.

Experiences/Reflexions

- 68 **Abián, P. (2009).** A olympic experience in Beijing. *J Sport Health Res*, 1(1):68- 70.