

Journal Information

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Classification History

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2026			✓	
2025				
2024				
2023				
2021/2022			✓	
2020				
2019				
2018				

Classification: The table above shows all journal classifications recorded for each classification year in the Green Journals database. A journal may have more than one classification in the same year.

Recent Articles

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2026-9-1 Vol. 33 Issue 3 Pages 37-44

Authors: Olufunmilola Leah Dominic, Iliasu Yakubu Seidina, Sikiru Adewale Adeoye et al.

DOI: 10.2478/pjst-2026-0018

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2026-9-1 Vol. 33 Issue 3 Pages 18-23

Authors: Sanjana Arora, Archana Khanna

DOI: 10.2478/pjst-2026-0016

Anthropometric and Physical Fitness Differences Between Polish and Romanian Physical Education Students: A Sex-Specific Perspective

2026-6-1 Vol. 33 Issue 2 Pages 43-49

Authors: Agnieszka Wasiluk, Viktoria Kyrychenko, Grażela-Flavia Deak et al.

DOI: 10.2478/pjst-2026-0013

The Effect of a Progressive Core Exercise Program on Balance, Posture, and Functional Fitness in Sedentary Female University Students: A Randomized Controlled Study

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Authors: Abdullah Gullu, Hayat Mammadova

DOI: 10.2478/pjst-2026-0010

Fitness Apps Vs. Personal Trainers: User Perceptions, Preferences, and the Future of Digital Support in Physical Activity

2026-6-1 Vol. 33 Issue 2 Pages 36-42

Authors: Krzysztof Sas-Nowosielski, Sylwia Szopa-Wiśnios

DOI: 10.2478/pjst-2026-0012

Barbell Velocity in Strength Training - A Literature Review

2026-6-1 Vol. 33 Issue 2 Pages 3-9

Authors: Weronika Zielińska, Paulina Szyszka

DOI: 10.2478/pjst-2026-0007