

## Aim and Scope

The Exercise Science Journal (Exercise Science, ES) is a quarterly (February 28, May 31, August 31, and November 30), peer-reviewed and open-access journal. The journal focuses on scientific research for exercise science including physiology, biochemistry, nutrition, metabolism, genetics, immunology, medicine, rehabilitation, growth and development, training, anthropometry, and epidemiology related exercise and sports. The types of manuscripts include research articles, review, short/rapid communication, case report in the field of exercise science.

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