

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.

Publisher: Dong-Ho Park

Editor-in-Chief: Chang-Sun Kim

Published by The Korean Society of Exercise Physiology

Department of Kinesiology, Inha University, 5W 560C, 100 Inha-ro, Nam-gu, Incheon 22212, Korea

TEL: +82-32-860-8182, FAX: +82-32-860-8188, E-mail: dparkosu@inha.ac.kr

Editorial Office

Department of Physical Education, Dongduk Women's University, 60 Hwarangro 13gil, Sungbuk-gu, Seoul 02748, Korea

Tel: +82-2-940-4507, E-mail: lovebuffalo@gmail.com

Printed by Academya Publishing Co.

#2003, Daerung Technotown 15-cha, 401 Simin-daero, Dongan-gu, Anyang 14057, Korea

Tel: +82-31-389-8811, Fax: +82-31-389-8817, E-mail: journal@academya.co.kr

Copyright © 2019 Korean Society of Exercise Physiology

© It is identical to the Creative Commons Attribution Non-Commercial License (<http://creativecommons.org/licenses/by-nc/4.0/>).

© This paper meets the requirements of KS X ISO 9706, ISO 9706-1994 and ANSI/NISO Z.39.48-1992 (Permanence of Paper).

• This journal was supported by the National Research Foundation of Korea Grant funded by the Korean Government (MOE).



CONTENTS

Volume 28 Number 2 May, 2019

Editorial

- 99 The Walk Way of 'Exercise Science'
Chang-Sun Kim

Review Articles

- 102 Potential Role of Adiponectin Receptor Agonist, AdipoRon in Cardiometabolic Disease
Eunhee Cho, Sewon Lee
- 110 Physical Fitness and Exercise Strategy According to General Characteristics of Spinal Cord Injured Person
Kun-Ho Lee, Sang-Min Hong, Yun-A Shin

Original Articles

- 122 Effects of CrossFit Training on Physical Fitness, Blood Lipids, and Bone Metabolism Index of Prepubescent Girls
Dong-Hoon Yoo, Yu-Sub huh
- 131 The Effects of Sand Exercise Program on Balance Capability, Extremity Muscle Activity, and Inflammatory Markers in Older Women
Sung-Soo Lee, Yong-Seok So
- 141 Effect of FIFA 11+ Training Program on Soccer-Specific Physical Performance and Functional Movement in Collegiate Male Soccer Players: A Randomized Controlled Trial
Juyoung Hwang, Jooyoung Kim
- 150 Effect of MK-801 Treatment and Endurance Training on Angiogenic Response in Cardiac Muscle
Youngpyo Hong, Hyoseong Yeo
- 159 Resistance Training Ameliorates Finasteride-Induced Disturbance in Protein Homeostasis in Skeletal Muscle of Rats
Sung-hee Oh, Dong-won Lee, Yoo-hyun Lee, Jeong-sun Ju
- 168 Study on Validation of 20 m Progressive Aerobic Cardiovascular Endurance Run and Estimation of Maximal Oxygen Uptake in Adolescents
On Lee, Jin-Wook Chung
- 175 Core Strength Characteristics of Korean National Amateur Male Boxers: A Comparison with Anaerobic Power and Maximal Strength
Dong-Hyun Yoon, Kwang-Jun Kim
- 182 The Effect of Uphill and Downhill Exercise Training on Myogenic Mechanism of Wnt/BMP Signaling in the Skeletal Muscle of Aged Rats
Yong-Uoo Chang, Jeong-Seok Kim
- 191 Influence of Depression on Physical Activity, Symptoms of Chronic Pain And Sleep Disorders in the Female Elderly with Knee Osteoarthritis
Hyo-Jeong Kim
- 198 Effects of Exercise and Cognitive Intervention Program on Cognitive Function, Sedentary Behavior and Health-Related Quality of Life in Elderly Women with Mild Cognitive Impairment
Min-Ki Jeong, Hyun-Hun Jung, Sang-Kab Park

목 차

제28권 2호 2019년 5월

편집인의 글

- 99 '운동과학이 가야할 길'
김창선

총설

- 102 대사 및 심혈관계 질환에 대한 아디포넥틴 수용체 활성화제, 아디포논의 잠재적 역할
조은희, 이세원
- 110 척수손상인의 일반적 특성에 따른 체력적 특징과 운동 전략
이근호, 홍상민, 신윤아

원저

- 122 크로스핏 트레이닝이 여자 아동의 체력, 혈중지질 및 골대사 지표에 미치는 영향
유동훈, 허유섭
- 131 모래지면 운동프로그램이 여성노인의 균형능력, 근활성도 및 염증인자에 미치는 효과
이성수, 소용석
- 141 Effect of FIFA 11+ Training Program on Soccer-Specific Physical Performance and Functional Movement in Collegiate Male Soccer Players: A Randomized Controlled Trial
Juyoung Hwang, Jooyoung Kim
- 150 MK-801 처치와 지구성 훈련이 심근의 혈관생성 반응에 미치는 영향
홍영표, 여효성
- 159 저항훈련은 랫 골격근에서 finasteride에 의해 유도된 단백질 항상성 교란을 개선시킨다
오성희, 이동원, 이유현, 주정선
- 168 청소년 대상의 20 m 왕복오래달리기 검사를 통한 최대산소섭취량 추정식 개발
이 은, 정진욱
- 175 한국 국가대표 남자 복싱선수들의 코어 근력에 대한 연구: 무산소성 파워와 최대근력의 상관관계
윤동현, 김광준
- 182 오르막-내리막 운동형태에 따른 노화쥐 골격근 내 Wnt/BMP 신호전달이 골격근 형성기전에 미치는 영향
장용우, 김정석
- 191 무릎 골관절염 노인여성에서 우울증상에 따른 신체활동, 통증 양상 및 수면 특성
김효정
- 198 운동과 인지 증재 프로그램이 경도인지장애 여성 노인의 인지 기능과 좌식 행동 및 건강 관련 삶의 질에 미치는 영향
정민기, 정현훈, 박상갑

