

## Aim and Scope

The Korean Society of Exercise Physiology (KSEP; <http://www.ksep.kr>) was founded in 1988 and currently has around 2,000 members. The Exercise Science (Exerc Sci), an official journal of the KSEP, was first issued in 1992 and currently has published 28 volumes. The aim of the Exerc. Sci. is to scientifically show the “scientific and clinical value of exercise in health and disease control”, provide evidence for this, consequently promote the development of elite sports, and improve the health of the general public. Therefore, Exerc Sci focuses on evidence-based scientific research of multidisciplinary studies, including physiology, biochemistry, nutrition, metabolism, genetics, immunology, medicine, rehabilitation, growth and development, training, anthropometry, and epidemiology related sport, physical activity, and exercise. The types of manuscripts include research articles, reviews, short/rapid communications, and case reports in the field of exercise science. For internationalization, we operate a separate “full English journal homepage” and a “submission evaluation system”. The Exerc Sci is an international, double-blind peer-reviewed and open access journal published quarterly (February 28, May 31, August 31, and November 30). Full texts are freely available from <https://www.ksep-es.org>. The Exerc Sci is also partially supported by The National Research Foundation of Korea (NRF).

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