

## 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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# CONTENTS

Volume 32 Number 1 February, 2023

## Editorial

- 1 A New Leap Forward of Exercise Science - What Should We Do?  
Changsun Kim

## Review Articles

- 3 Menopause Induces Physical Inactivity through Brain Estrogen Receptor and Dopamine Signaling  
Nyeonju Kang, Dong-Il Kim, Young-Min Park
- 11 Application of a NIRS Neuroimaging Method to Elucidate Neural Mechanisms of Exercise-cognition Interaction  
Kyeongho Byun
- 21 Effect of Exercise on Sleep in the Middle-aged and Older adult: A Systematic Review and Meta-Analysis of Randomized Controlled Trials  
Hong-Bum Eun, Seung-Soo Baek

## Original Articles

- 33 Effects of Aquabike Exercise on Gait Ability, Cardiovascular and Fall-related Fitness in Older Women with Obesity  
Chae-Bin Lee, Seung-Soo Baek
- 41 Analysis of the Relationship between Physical or Mental Problems and Health Maintenance Methods by Personal Differences  
Jeoung A Kwon, Taeyeon Oh, Kisung Kwon
- 53 The Effects of Plyometric Training with Elastic Band on Physical Fitness and Isokinetic Function of Fencing Foil Athletes  
Byung-Su Kim, Jin-Seok Lee
- 63 The Comparison of Physical Fitness Factors between Korea Water Polo National-team and Reserve-team Athletes  
Yuezhu Zhou, Changsun Kim, Seungjae Lee, Seokki Min
- 73 Comparison of Differences in Thigh Muscle Morphology and Function according to Post-anterior Cruciate Ligament Surgery Period  
Hyung-Pil Jun, Eunwook Chang
- 83 The Differences of Shoulder Range of Motion and Dynamic Stability in Upper Extremity Depending on Ages and Experiences of Shoulder Injuries among Volleyball Players  
Young Hoon Kim, Taegy Kim, Eunkuk Kim, Jong-Chul Park, Hokyung Choi

## CONTENTS

Volume 32 Number 1 February, 2023

---

- 92 Combined Effects of Treadmill Running and Vitamin D administration on Skeletal Muscle Morphology and Mitochondrial Dynamics in HFD-induced Obese Mice  
Jinyeub Nam, Jinkyung Cho, Taewan Kim, Hyobum Kwak, Hyunsik Kang
- 100 Effects of Limiting the Number of Ball Touches on Physical and Technical Performance of the Junior Football Players during Small-sided Game  
Namyong Kim, Sewon Lee, Kyeongho Byun
- 111 Influence of Physical Activity Level on Cardiovascular and Autonomic Nerve Function  
Shin-Young Park, Jin-Su Kim, Seungho Lee, Ruda Lee, Eui-Young Lee, Moon-Hyon Hwang

## 목 차

제32권 1호 2023년 2월

### 편집인의 글

- 1 운동과학(Exerc Sci)의 도약기 - 무엇을 해야 하나  
김창선

### 종 설

- 3 Menopause Induces Physical Inactivity through Brain Estrogen Receptor and Dopamine Signaling  
Nyeonju Kang, Dong-Il Kim, Young-Min Park
- 11 운동-인지 상호작용의 신경기전 탐색을 위한 NIRS 뉴로이미징 기법의 적용  
변경호
- 21 운동이 중·장년의 수면에 미치는 영향: 체계적 문헌고찰 및 메타분석적 접근  
은홍범, 백성수

### 원 저

- 33 아쿠아바이크 운동이 비만 여성 노인의 보행능력과 심폐 및 낙상 관련 체력에 미치는 영향  
이재빈, 백성수
- 41 Analysis of the Relationship between Physical or Mental Problems and Health Maintenance Methods by Personal Differences  
Jeoung A Kwon, Taeyeon Oh, Kisung Kwon
- 53 탄성밴드를 활용한 플라이오메트릭 트레이닝이 펜싱 플뢰레 선수의 체력 및 등속성근기능에 미치는 영향  
김병수, 이진석
- 63 한국 수구 국가대표와 상비군 선수의 체력요인 비교  
Yuezhu Zhou, 김창선, 이승재, 민석기
- 73 Comparison of Differences in Thigh Muscle Morphology and Function According to Post-anterior Cruciate Ligament Surgery Period  
Hyung-Pil Jun, Eunwook Chang
- 83 배구선수의 연령별 어깨관절 스포츠손상 유무에 따른 어깨관절 가동범위 및 상지 동적 안정성 차이  
김영훈, 김태규, 김은국, 박종철, 최호경

## 목 차

제32권 1호 2023년 2월

- 
- 92 트레드밀 운동과 비타민D 복합처치가 고지방식으로 유도된 비만 마우스의 골격근 형태와 미토콘드리아 다이내믹스에 미치는 영향  
남진엽, 조진경, 김태완, 곽효범, 강현식
- 100 스물 사이드 게임 중 터치 수 제한이 중학교 축구선수의 체력 및 기술 관련 수행력에 미치는 영향  
김남용, 이세원, 변경호
- 111 신체활동 수준이 심혈관계와 자율신경기능에 미치는 영향  
박신영, 김진수, 이승호, 이루다, 이의영, 황문현

