

PAN

Physical Activity and Nutrition

Review articles

- Minchul Lee
Exercise-brain interaction of neuroplasticity: empirical evidence in the rodent adaptation
- Daeho Kim / Jooyoung Kim
Effects of β -hydroxy- β -methylbutyrate supplementation on recovery from exercise-induced muscle damage: a mini-review

Original articles

- Choongsung Yoo / Jisu Kim / Sunghwan Kyun / Takeshi Hashimoto / Hironori Tomi / Kiwon Lim
Synergic effect of exogenous lactate and caffeine on fat oxidation and hepatic glycogen concentration in resting rats
- Jihoo Lee / Jisu Kim
Effects of an 8-week lunge exercise on an unstable support surface on lower-extremity muscle function and balance in middle-aged women
- Jisu Kim / Yoogyung Hong / Suji Baek / Kang Pa Lee / Sanghyun Ahn
The synergistic effect of physical activity and nutrition to improve the quality of life in breast cancer patients: a systemic review
- Wonil Park / Jaesung Lee / Hyunseob Lee / Gyuseog Hong / Hun-Young Park / Jonghoon Park
Analysis of physiological tremors during different intensities of arm curl exercises using wearable three-axis accelerometers in healthy young men: a pilot study
- Na-Ram Moon / Woo-Hwi Yang
Effects of individualized low-intensity mat Pilates on aerobic capacity and recovery ability in adults