

# PAN

## Physical Activity and Nutrition

### Review article

- Danilo F. C. dos Santos / Woo-Hwi Yang / Emerson Franchini  
A scoping review of rapid weight loss in judo athletes: prevalence, magnitude, effects on performance, risks, and recommendations

### Original articles

- Amit Kumar / Aditi Upmanyu  
Intra-rater and test-retest reliability of videography observation method to check diversion time in Fukuda step test among college going students
- Minje Ji / Dohyeon Lee / Sewon Lee  
Effects of wearing a KF94 face mask on performance, perceptual parameters, and physiological responses during resistance exercise
- Mi-Young Park / Nana Chung  
Physical activity and nutrient intake levels according to grip strength among single-household elderly in Korea: data from 2014 and 2019 Korea National Health and Nutrition Examination Survey (KNHANES)
- Ryunosuke Takahashi / Yukiko Kobayashi / Takako Fujii / Shino Kuwabara / Yuko Segawa-Yoshimoto / Wataru Aoi / Masashi Kuwahata  
Relationship between fat-free mass index and nutrient intake in protein supplement user among Japanese collegiate soccer athletes
- Alisha Saifi / Gulshan Lal Khanna / Kommi Kalpana  
Risk for low energy availability, disordered eating and sleep disturbance among female football players
- Ali Rosidi / Rr. Annisa Ayuningtyas / Firdananda Fikri Jauharany / Sella Septi Ekasari / Annisa, Izzatul Millah / Syfa Rahma Fauziah / Jihan Fadhilah / Luthfia Dewi  
Pre-exercise supplementation with curcuma xanthorrhiza roxb has minimal impact on red blood cell parameters but reduces oxidative stress: a preliminary study in rats
- Woo Hyeon Son / Hyun Tae Park / Byeong Hwan Jeon / Min-Seong Ha  
Effects of fermented oyster extract supplementation on free fatty acid and liver enzymes in older women with obesity
- Miguel A. Pérez / Gabriela P. Urrejola-Contreras / Judith Hernández / Pamela Silva / Maximiliano Torres-Banduc  
Sex differences in upper and lower strength and their association with body composition among university students