

PAN

Physical Activity and Nutrition

Review articles

- Ekta Tanwar / Kommi Kalpana
Can consumption of finger millet diet improve mental health status in athletes: a possible link with modulation of cortisol levels
- Md Najmul Hosain / Yi-Sub Kwak / Jaeun Lee / Hongseok Choi / Jungwon Park / Jongnam Kim
IoT-enabled biosensors for real-time monitoring and early detection of chronic diseases
- Sangmoon Lee / Suji Baek / Hangyul Park / Kang Han / Kang Pa Lee / Sang Hyun Ahn
A review of sarcopenia pathogenesis and therapeutic approaches: resistance exercise, nutrition, and monoterpenes

Original articles

- Jong Hyeon Ko / Wonil Park / Hun-Young Park / Sung-Woo Kim
Effect of an 8-week lumbar stabilization and lower extremity strength exercise on lumbar pain and physical function in middle-aged women with chronic back pain
- Moon Jin Lee / Sung Jin Yoon
Changes in body composition, physical fitness and quality of life on robotic gait assisted training in patients with Guillain-Barré Syndrome: a case report
- Peeraporn Nithisup / Apiwan Manimmanakorn / Michael John Hamlin / Pucharawipa Maneesai / Nuttaset Manimmanakorn / Chiraphorn Khaengkhan / Kittamook La-bantao / Jidapa Tantanaset
Exercise with weight vest plus chicken protein supplementation delayed muscle and bone loss in older female adults
- Koichiro Hayashi / Hirofumi Tanaka
Alcohol consumption after downhill running does not affect muscle recovery but prolongs pain perception in East Asian men
- Chengqian Yin / Su Hyun Kim / Young Hoon Kim
Factors associated with changes in physical activity levels among Chinese international students in South Korea
- Jaemyun Ko / Sungeun Park
Effects of aerobic exercise on beta-amyloid, insulin resistance, and blood markers in obese middle-aged women
- In-Soo Lim
Effects of supplement L-theanine on cognitive anxiety, salivary alpha-amylase, and cortisol in archery competition
- Suh-Jung Kang / Junga Lee
Impact of physical fitness and lifelong education on mild cognitive impairment in older adults