Aim and Scope

The Exercise Science Journal (Exercise Science, ES) is a quarterly (February 28, May 31, August 31, and November 30), peer-reviewed and open-access journal. The journal focuses on scientific research for exercise science including physiology, biochemistry, nutrition, metabolism, genetics, immunology, medicine, rehabilitation, growth and development, training, anthropometry, and epidemiology related exercise and sports. The types of manuscripts include research articles, review, short/rapid communication, case report in the field of exercise science.
CONTENTS

Review Article

1 Alteration of Angiogenic Gene Expression in Heart, Muscle and Adipose Tissue by Exercise
Hyuek Jong Lee

Original Articles

15 Comparative Analysis of Measuring Methods for Prediction of Critical Power in Rowers
Ji-Hyeon Kim, Soo-Min Ha, Min-Seong Ha, Do-Yeon Kim

23 Contractile Properties of Single Muscle Fiber and Their Relations to Whole Muscle Strength in Korean Young Male
Yu-Nah Jeon, Hee-Jaeng Kim, So-Young Yang, So-Hyun Lee, Dae-Young Kim, Jun-Hyun Bae, Ho-Jun Lee, Jae-Young Lim, Seung-Jun Choi

32 Effect of Training Intensity on Hepatic Steatosis and Expression of miRNAs and Target Genes in a High-fat Diet-induced Mice
Jinkyung Cho, Jinhwan Yoon, Inho Park, Hyunsik Kang

40 The Effect of Low Intensity Exercise on Expression of Inflammatory Response and Apoptosis in Rats with Obesity Induced by a High-Fat Diet
Dong-Hun Choi, Joon-Yong Cho

50 Effect of Acute Resistance Exercise with Different Level of Blood Flow Restriction on Acute Changes in Muscle Thickness, Blood Lactate, CK, and Oxidative Stress in Male Adults
Tae-Ho Kim, Sang-Hyun Lee, Yang-Jung Kim, Su-Jin Kim, Ju-Hee Kang, Hyo-Bum Kwak, Dong-Ho Park

62 An Analysis of the Performance Determinants of Modern Pentathlon Athletes in Laser-run, A Newly-Combined Event in Modern Pentathlon
Chang-Hyun Lim, Jae-Ryang Yoon, Chang-Soon Jeong, Young-Sun Kim

71 Development of New Estimation Formula Based on Astrand-Ryhming Step Test Protocol for VO2max Evaluation of Adolescents (13-18 years)
Jung-Ran Song, Sang-Hyun Lee, Yang-Jung Kim, Su-Jin Kim, Do-Yun Kim, Chang-Sun Kim, Dong-Ho Park

Short/Rapid Communication

80 A Correlation Pilot-Study of F-15/16 Pilots' ACTN-3, G-tolerance, and Body Compositions
Seung-Hwan Shin
목차

종설
1. Alteration of Angiogenic Gene Expression in Heart, Muscle and Adipose Tissue by Exercise
   - Hyuek Jong Lee

원저
15. 조정선수의 임계파워 예측을 위한 측정법의 비교분석
   - 김지현, 하수민, 하민성, 김도연

23. 한국 성인 남성의 단일 근성유 유형별 수축 특성과 하지 근력과의 상관관계
   - 전유나, 김희정, 양소영, 이소현, 김태영, 이호준, 김재영, 최승준

32. 트레이닝 강도가 고지방성으로 유도된 마우스 지방간과 miRNAs 및 표적 유전자 발현에 미치는 영향
   - 조진경, 윤진환, 박인호, 강현식

40. 저강도 운동이 고지방성으로 유도된 비만 쥐의 지방세포에서 염증반응 및 세포사멸에 미치는 영향
   - 최동훈, 조준용

50. 일회성 혈류제한 저항성 운동이 성인남성의 대퇴둘레, 척산, CK 및 신장스트레스에 미치는 영향
   - 김태호, 이상현, 김양중, 김수진, 강주희, 박효범, 박동호

62. An Analysis of the Performance Determinants of Modern Pentathlon Athletes in Laser-run, A Newly-Combined Event in Modern Pentathlon
   - Chang-Hyun Lim, Jae-Ryang Yoon, Chang-Soon Jeong, Young-Sun Kim

71. 남녀 청소년들(13-18세)의 VO2max 평가를 위한 Astrand-Ryhming 스텝검사 프로토콜을 기반으로 한 새로운 추정식 개발
   - 송정만, 이상현, 김양중, 김수진, 김도윤, 김창선, 박동호

연구/신속교신
80. F-15/16 조종사의 ACTN-3, G-내성, 신체조성 간 관계 예비조사
   - 신승환