

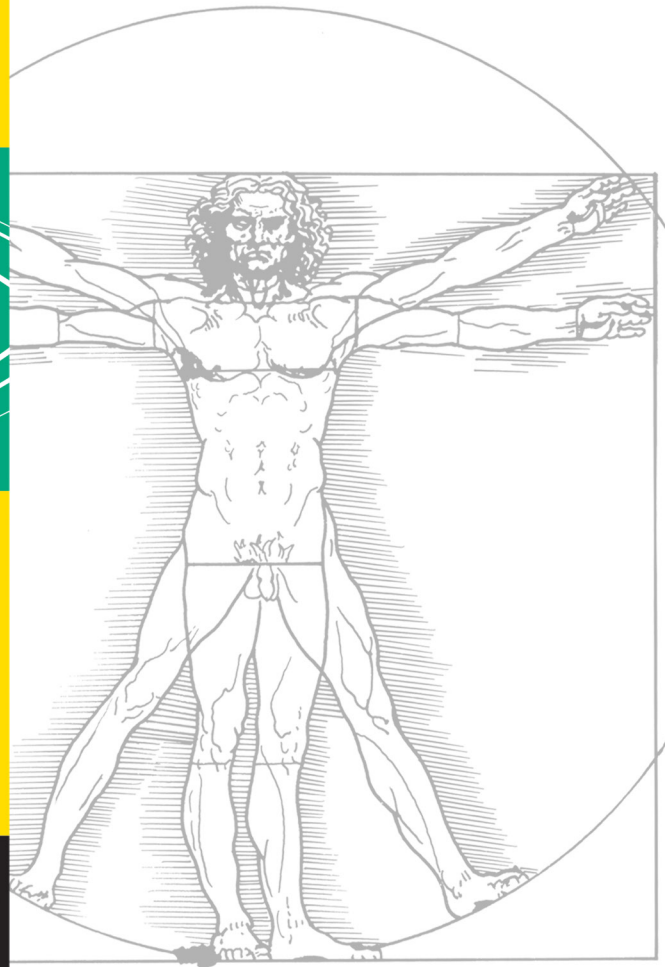
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The Asian Journal of Kinesiology

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# THE ASIAN JOURNAL OF KINESIOLOGY



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The Asian Journal of Kinesiology

# The Asian Journal of Kinesiology

## Aims and Scope

Kinesiology is an academic discipline which involves the study of physical activity and its impact on health, society, and quality of life. The aims of the Asian Journal of Kinesiology (AJK) are to provide recent scientific findings and offer practical knowledge for the kinesiologists, which includes health fitness instructors, personal trainer, strength & conditioning specialists, athletic trainers, exercise physiologists, clinical exercise specialists, sports therapists, kinesiotherapists, physical education teachers, etc. The AJK features original investigations, clinical and case studies, rapid communications, and comprehensive reviews on current topics in physical activity and evidence-based exercise prescriptions. The journal provides a platform to share an informative and exciting new discovery about basic and applied sciences in specialized fields of Kinesiology such as Exercise Training, Health Promotion and Physical Fitness, Prevention of Athletic Injuries and Disease, Sports Rehabilitation, Clinical Exercises, Physical Education, Health and Sport Industries, and Others.

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## Contents

### Editorial

- 1** | **New Perspective of the Beneficial Effect of Exercise on Alzheimer's Disease: Vascular Theory**  
*Yoonjung Park*

### Original Research

- 3** | **Effects of the Core Training Program on Functional Movement Screen, Skill Performance, Competitive State Anxiety, and Trait Sport-Confidence of College Football Players**  
*Namsu Kim, Dojin An*

### Letter to the Editor

- 12** | **Exercise as Mental Health Medicine – Have We Had Enough Information?**  
*Caitlin Fox-Harding, Ceri Foster, Prue King, Sam Mathews, Graeme Hutton, Kazunori Nosaka, Kaoru Nosaka*

### Literature Review

- 16** | **Correcting Postural Deviations: An Evidence- Supported Shift in Paradigm**  
*Jim Schilling, Seung-Taek Lim, Eunjae Lee*

### Original Research

- 25** | **Epidemiology of Surfing-related Injuries in South Korea: Type, Location and Mechanism**  
*Seung Woo Shin, Juseong Lee, Junghoon Kim*
- 34** | **Effects of Low Intensity Blood Flow Restriction Training on Muscle Volume, Strength and Power in Healthy Middle-Aged Females**  
*Byeong Hwan Jeon*

### Review

- 44** | **What is a Repetitive Concussion in Sports?**  
*Jae Ok Koh*

### Original Research

- 52** | **The Effect of Resist and Assist Torque of Hip Joint Motor-based Gait Assistance Robot on Gait Function in the Elderly**  
*Hyung Gyu Jeon, Kyunghwan Jung, Byungmun Kang, DaeEun Kim, Yun Mook Lim, Kwang Joon Kim, Chang Oh Kim, Hwang-Jae Lee, Kyungrock Kim, Yoon-Myung Kim*

