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# The Asian Journal of Kinesiology

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# AJK

# 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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