

Print ISSN 2586-5595 / Online ISSN 2586-5552

The Asian Journal of Kinesiology

Vol. **27** No. **1** January, 2025

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.

The Asian Journal of Kinesiology

Volume 27 / Number 1 / Jan 2025

Publisher Deogjo Jung, Shumpei Miyakawa
Editor-in-Chief Kijin Kim
Published by The Korea Academy of Kinesiology, The Asian Society of Kinesiology
Printed by Korean Studies Information Co., Ltd.
230, Hoedong-gil, Paju-si, Gyeonggi-do, Republic of Korea
Tel: +82-31-940-1007, Email: booktory1007@kstudy.com

This journal was supported by the NRF(National Research Foundation of Korea) Grant funded by the MOE(Ministry of Education)(NRF-2024- 202451A8A1049342).

Contents

Editorial

- 1** | **The Importance of Tailored Exercise Prescriptions by Breast Cancer Diagnosis Stage**
*Junga Lee**

Original Research

- 3** | **Characteristics of Mechanical Outputs During Rowing Motion: Comparison Between Fixed and Slide Rowing Ergometers**
Hyunchul Yoon, Natsumi Furuta, Kazuo Funato*
- 11** | **Effects of Mental Fatigue on Gait Performance and Variability**
*Ali Zardosht, Jessie Daw, Lee T Atkins, C Roger James, Hyung Suk Yang**
- 18** | **Esports as Senior Citizen Welfare: Current Trends and Roles**
Young-Jin Kim, Byoung-Kyun So, Young-Vin Kim*, Yun-Hee Park, Kyung-Sook Kim, Ja-Hyeuk Koo*
- 28** | **Effects of High-Intensity Aerobic Exercise on Cardiovascular Disease Risk Factors and Inflammatory Markers in Normal Weight Obese Women Aged 20-30**
Jae-Myun Ko, Wi-Young So, Sung-Eun Park**
- 37** | **Effects of Lifestyle Modification on Sasang Constitution Classification Using the Questionnaire for Sasang Constitution Classification II (QSCC II)**
*Tae-Won Kim, Chae-Been Kim, Youngseuk Cho, Young Kyu Kwon, Jung-Jun Park**
- 45** | **Comparison of Core Muscle Activation at Different Hip Angles during Core Exercises Based on Dynamic Neuromuscular Stabilization**
*Won-Chul Ahn, Kyoung-Bin Min, Myung-Ki Kim**
- 53** | **Associations of Motivation and Intention on YouTube Sport Contents Usage, Technology Acceptance, and Sport Participation in University Students**
*Dojin An, Youngho Kim, Jonghwa Lee**
- 63** | **Quantitative Ultrasound Imaging Analysis of Anterior Talofibular Ligament in Adolescent Athletes with Chronic Ankle Instability**
*Sunjin Kim, Namwoong Kim, Jupil Ko**
- 69** | **Acute Effects of Stretching Applied During Sports Games on Agility and Dynamic Balance Ability**
*Wanyoung Yoon**
- 78** | **Comparison of Factors Related to Low Back Pain in Elite Youth Baseball Players**
*Daeho Ha, Satoshi Nagai, Byungjoo Noh, Shumpei Miyakawa, Masahiro Takemura**

