

**Day by Day Program of 2020
International Conference on
Kinesiology:**

CONFERENCE ROOM

Saturday, October 24, 2020

Poster Presentation

Saturday, October 24, 2020, 09:00-10:00

1. 09:00 ~ 09:05

Chair: Byungjoo Noh (Dong-A University, Korea, Nayoung Ahn (Keimyung University, Korea)

2. 09:05 ~ 09:30

Poster Visit

E-Poster #1

Change in foot pressure distribution of a standing position and posture during walking due to temporary occlusal adjustment by micro tapping with kitchen paper

Masanori Takemura¹, Kenichi Ichihashi¹, Mitsuharu Kaya², Junzo Tsujita³ (¹Ichihashi Clinic, Kobe, Japan, ²Hyogo University of Health Sciences, Kobe, Japan, ³Institute of Health & Sports Medical Science, Osaka, Japan)

E-Poster #2

Foot pressure distribution in patients with lumbar spondylolisthesis

Kenichi Ichihashi (Ichihashi Clinic, Kobe, Japan)

E-Poster #3

Effects of men-to-men exercise training program on body composition and health-related fitness in university students

Sungsik Ko (Korea National University of Transportation, Korea)

E-Poster #4

The effects of walking with a stride 10 cm wider than the baseline on fitness and blood lipid levels in older individuals: a preliminary study

Suhjung Kang¹, Byunghoon Kim², Jongchul Park³ (¹Sangmyung University, Korea, ²Sports Science Research Center, Sangmyung University, Korea, ³Korea Institute of Sports Science, Korea)

E-Poster #5

Effects of Exercise Rehabilitation in Patients With Arthroscopic Partial Meniscectomy: Review

Jaesoon Chung (Korea National University of Transportation, Korea)

E-Poster #6

A study on left ventricular hypertrophy, QTc dispersion and hemodynamic differences in GXT according to excessive endurance exercise

Piao, Shun-Zhe¹, Jin, zhong-xuan¹, Wang guan¹, Zhao ze-lin¹, Mu yi-gang¹, Wen jian-fei¹, Wang xing¹, Iisu Kwon², Youngnam Cha³, Youngju Kim⁴ (¹Shenyang Sport University, China, ²Osan University, Korea, ³Kosin University, Korea, ⁴Sungshin University, Korea)

E-Poster #7

Low 6-minute walk distance and muscle mass predict drop out in cardiac rehabilitation

Seongbeum Choi, Woojin Jung, Sanggyu Kim, Yonghwan Kim (Gangneung-Wonju National University, Korea)

E-Poster #8

The Effects of Psychological Skills Training on Competitive State Anxiety and Self-Management of High School Taekwondo Athletes

Youngeun Lee, Duksun Chang, Youngjun Hong, Soyun Mun, Minjung Kim (Korea National Sport University, Korea)

E-Poster #9

The Effects of the ACT-based Career Group Counseling Program for Retired Athletes in their Teens

Woori Han¹, Donghyun Kim¹, Duksun Chang¹, Jaeryang Yoon¹, Munhee Kim¹, Youngeun Lee¹, Youngsook Yook², Kyongsun Lee³, Jinho Back⁴ (¹Korea National Sport University, Korea, ²Sung Shin Women's University, Korea, ³Yongin University, Korea, ⁴Kangwon National University, Korea)

E-Poster #10

Effects of an 8 weeks plyometric training program physical fitness and Creatine Kinase(CK) and Lactate Dehydrogenase(LDH) in male high school baseball players.

Seunghyun Kim¹, Jaesoon Chung¹, Soungyob Rhi² (¹Korea National University of Transportation, ²Catholic Kwandong University)

E-Poster #11

Difference of muscle activation and maximum number of repetitions according to grip strength in pull-up exercise

Sangwon Seo¹, Keunok An² (¹Exercise Medical Center, Cheongju, Korea, ²Korea National University of Transportation, Korea)

E-Poster #12

Twelve Weeks of Jujitsu Improved Body Composition and Fitness Components in Healthy Adults

He Zheyu¹, Suhjung Kang² (¹Graduate School, Sang Myung University, Korea, ²Sang Myung University, Korea)

E-Poster #13

Physical inactivity is closely related with the COVID-19

Yisub Kwak (Dong-Eui University, Busan, Korea)

E-Poster #14

Effects of Integrated Exercise on Blood Pressure in Elderly Mongolian Hypertensive Patients

Liu Feng-Bin (Dalian University, China)

E-Poster #15

Prospective Relation between Meeting Physical Activity Guidelines and All-cause Mortality in Korean Adults: An 8-years Cohort Study

Junghoon Kim, Jae-Yong Jang, Shin-Beum Kang (Korea Maritime & Ocean University, Korea)

3. 09:30 ~ 09:40

E-Poster Q&A (E-Poster #1~5)

4. 09:40 ~ 09:50

E-Poster Q&A (E-Poster #6~10)

5. 09:50 ~ 10:00

E-Poster Q&A (E-Poster #11~15)

10:00 ~ 10:20 Opening Ceremony

Keynote Speech (1)

Saturday, October 24, 2020, 10:25-11:20

1. 10:25 ~ 10:30

Chair: Wanglok Lee (Chungnam National University, Korea)
Kijin Kim (Keimyung University, Korea)

2. 10:30 ~ 11:10

mitoAMPK in control of exercise-induced mitophagy and functional adaptations: Cash for Clunkers

Zhen Yan (University of Virginia, USA)

3. 11:10 ~ 11:20

Q&A

Highlighted Symposium (1) on Exercise and Vascular Function

Saturday, October 24, 2020, 12:30-13:50

1. 12:30 ~ 12:35

Chair: Suhjung Kang (Sangmyung University, Korea)

Jinhee Seo (Baeksok University,
Korea)

2. 12:35 ~ 12:55
The Beneficial Effect of Exercise on Aged Brain Vascular Function and Its Underlying Mechanisms
Yoonjung Park (University of Houston, USA)
3. 12:55 ~ 13:15
Exercise and Male Infertility
Dicky Moch Rizal (Universitas Gadjah Mada, Indonesia)
4. 13:15 ~ 13:35
Exercise, BDNF and Postpartum Depression
Jaesung Park (Kongju National University, Korea)
5. 13:35 ~ 13:50
Q&A

Highlighted Symposium (2) on Cell and Muscle Metabolism

Saturday, October 24, 2020, 13:50-15:10

1. 13:50 ~ 13:55
Chair: Jungjun Park (Pusan National University, Korea)
Byungjoo Noh (Dong-A University, Korea)
2. 13:55 ~ 14:15
mTORC1 directly inhibits AMPK to promote cell proliferation under nutrient stress
Naomi Ling (St. Vincent's Medical Research, Australia)
3. 14:15 ~ 14:35
Human Skeletal Muscle Molecular Responses to High Intensity Interval Versus Continuous Endurance Exercise
Nolan J. Hoffman
(Mary MacKillop Institute for Health Research, Australian Catholic University, Australia)

4. 14:35 ~ 14:55
Exercise Against Aging: Darwinian Natural Selection Among Fit and Unfit Cells Inside Human Body
Chia-Hua Kuo
(University of Taipei, Taiwan)
5. 14:55 ~ 15:10
Q&A

Keynote Speech (2)

Saturday, October 24, 2020, 15:55-16:50

1. 15:55 ~ 16:00
Chair: Kijin Kim (Keimyung University, Korea)
Wanglok Lee (Chungnam National University, Korea)
2. 16:00 ~ 16:40
Role of Autophagy and Mitophagy in Exercise Adaptation
Marc Francaux (UCLouvain, Belgium)
3. 16:40 ~ 16:50
Q&A

Sunday, October 25, 2020

Oral Presentation

Sunday, October 25, 2020, 09:00-10:00

1. 09:00 ~ 09:02
Chair: Youngkyun Kim (Cha University, Korea)
Jungjun Park (Pusan National University, Korea)
2. 09:00 ~ 09:08
Cigarette Smoking Attenuated Hemodynamic and Cardiac Autonomic Recovery After Acute Aerobic Exercise in Young Men
Minjeong Cho, Youngwoo Kim, Hyunjeong Kim, Saeyoung Jae (University of Seoul, Korea)

3. 09:08 ~ 09:10

Q&A

4. 09:10 ~ 09:18

A new system for analyzing the coherence of national athletes pushing bobsled push bars at the start course

Jinwook Kim, Kyungryoul Mun, and Seonggeun Yoo (Center for Artificial Intelligence, Korea Institute of Science and Technology, Korea)

5. 09:18 ~ 09:20

Q&A

6. 09:20 ~ 09:28

The Impact of the FIFA 11+ Program in Injury Rate and Physical Performance for Male Soccer Players: A Systematic Review

Hyunmin Kim, Juseong Lee, Junghoon Kim (Korea Maritime & Ocean University, Busan, Korea)

7. 09:28 ~ 09:30

Q&A

8. 09:30 ~ 09:38

Effects of Resistance Exercise and Fermented Soybean Ingestion on the Expression of Inflammatory Cytokines, Metabolic Risk Factors and the Body Composition in Obesity-Induced Rats

Gyuhoo Lee¹, Jusik Park¹, Nayoung Ahn¹, Hongsoo Kim², Kijin Kim¹ (¹Department of Physical Education, Keimyung University, Korea, ²Keimyung College University, Korea)

9. 09:38 ~ 09:40

Q&A

10. 09:40 ~ 09:48

Acute aerobic exercise does not attenuate central blood pressure reactivity to sympathetic activation in young adults: A randomized crossover trial

Youngwoo Kim, Minjeong Cho, Jeongin Kwon, Hyunjeong Kim, Saeyoung Jae (University of Seoul, Korea)

11. 09:48 ~ 09:50

Q&A

12. 09:50 ~ 09:58

Co-producing expertise in physical fitness management and the general body of the public

Hyunju Jin¹, Hyomin Kim² (¹Zhejiang Normal University, China, ²Ulsan National Institute of Science and Technology, Korea)

13. 09:58 ~ 10:00

Q&A

Special Lecture (1): Exercise and COVID-19
Sunday, October 25, 2020, 10:10-10:45

1. 10:10 ~ 10:15

Chair: Wanglok Lee (Chungnam National University, Korea)
Junghoon Kim (Korea Maritime & Ocean University, Busan, Korea)

2. 10:15 ~ 10:40

Exercise and COVID-19

Sukho Lee (Texas A&M University-San Antonio, USA)

3. 10:40 ~ 10:45

Q&A

Excellent Dissertations Award, EDA
Sunday, October 25, 2020, 10:55-11:30

1. 10:55 ~ 11:00

Chair: Deogjo Jung (Seowon University, Korea)

2. 11:00~11:12

Comparison of knee joint isokinetic muscle function and anaerobic exercise capacity according to Taekwondo training type

Jonghyeon Kang, Jusik Park (Keimyung University, Korea)

3. 11:12~11:15

Q&A

4. 11:15~11:27

A comparative verification Lateral scapular slide test with Scapular dyskinesis test

Heejun Kwon (Kookmin University, Korea)

5. 11:27~11:30

Q&A

Invited Oral Session

Sunday, October 25, 2020, 11:40-12:25

1. 11:40~11:45

Chair: Suhjung Kang (Sangmyung University, Korea)

Jaesoon Chung (Korea National University of Transportation, Korea)

2. 11:45~11:53

Effects of Exercise Training on the Blood Markers Related to Vascular Function in Beta-amyloid Treated Obese Rats

Kijin Kim¹, Gyuho Lee¹, Nayoung Ahn¹, Jusik Park¹, Hoogsoo Kim² (¹Keimyung University, Korea, ²Keimyung College University, Daegu, Korea)

3. 11:53~11:55

Q&A

4. 11:55~12:03

Preliminary Results of the South Texas Student Health Initiative (STSHI)

Sukho Lee (Texas A&M University-San Antonio, USA)

5. 12:03~12:05

Q&A

6. 12:05~12:13

Exercise and Vascular Health in Obesity: Its Underlying Mechanism

Yoonjung Park (University of Houston, USA)

7. 12:13~12:15

Q&A

8. 12:15~12:23

A Preliminary Study: Wingate

MUSCULAR Power Test Reference

Values using Monark Peak Bike and Test Software for Active Adults aged 20-29 year

Youngsub Kwon (Humboldt State University, USA)

9. 12:23~12:25

Q&A

Special Lecture (2): Research Ethics

Sunday, October 25, 2020, 13:15-13:50

1. 13:15 ~ 13:20

Chair: Nayoung Ahn (Keimyung University, Korea)

Sungsik Ko (Korea National University of Transportation, Korea)

2. 13:20 ~ 13:45

Understanding Research Ethics

Jungjun Park (Pusan National Univ., Korea)

3. 13:45 ~ 13:50

Q&A

Highlighted Symposium (3) on Exercise Promotion and Injury

Sunday, October 25, 2020, 14:00-15:45

1. 14:00 ~ 14:05

Chair: Byeonghwan Jeon (Kyungsung University, Korea)

Youngkyun Kim (CHA University, Korea)

2. 14:05 ~ 14:25

Virtual Laboratory for Learning Exercise

Physiology-A Preliminary Investigation

Youngsub Kwon (Humboldt State University, USA)

3. 14:25 ~ 14:45

Detailed Mechanism of the Anterior Cruciate Ligament Injury in Ball Games

Issei Ogasawara (Osaka University, Japan)

4. 14:45 ~ 15:05

Shoulder Calcific Tendinitis and Transcriptomics

Yongan Kim (Chungnam National University, Korea)

5. 15:05 ~ 15:25
Promotion of Exercise Program to Older People - Train the Trainer Approach

Bik Chu Chow (Hong Kong Baptist University, Hong Kong)

6. 15:25 ~ 15:45
Q&A

15:45-16:05 Closing Ceremony

EDUCATION ROOM

Saturday, October 24, 2020

Workshop (1)

Saturday, October 24, 2020, 11:25-12:00

1. 11:25 ~ 11:30
Chair: Jihoon Cho (Shingyeong University, Korea)
Keunok An (Korea National University of Transportation, Korea)
2. 11:30 ~ 11:55
Forward Head Posture and Shoulder Exercise Program
Sangjun Jeon (SRP Center, Korea)
3. 11:55 ~ 12:00
Q&A

Workshop (2)

Saturday, October 24, 2020, 13:00-13:35

1. 13:00 ~ 13:05
Chair: Ji Hoon Cho (Shingyeong University, Korea)
Keunok An (Korea National University of Transportation, Korea)
2. 13:05 ~ 13:30
Corrective Exercise for genu varum
Minchul Song (De Song Correct Body Type Exercise Center)

3. 13:30 ~ 13:35
Q&A

Workshop (3)

Saturday, October 24, 2020, 13:35-14:10

1. 13:35 ~ 13:40
Chair: Ji Hoon Cho (Shingyeong University, Korea)
Keunok An (Korea National University of Transportation, Korea)
2. 13:40 ~ 14:05
The Method of Classification and Feedback in Senior Exercise
Junhyuk Kim (STANDBY_GYM)
3. 14:05 ~ 14:10
Q&A

Case Study Presentation

Saturday, October 24, 2020, 14:30-15:05

1. 14:30 ~ 14:35
Chair: Jaeyoung Park (Dongshin University, Korea)
Suhjung Kang (Sangmyung University, Korea)
2. 14:35 ~ 14:43
The effect of self-myofascial release on knee proprioception and muscular function among individual with posterior cruciate ligament rupture
Jooeun Park (Korea Maritime & Ocean University, Busan, Korea)
3. 14:43 ~ 14:45
Q&A
4. 14:45 ~ 14:53
Effects of Rotatory Training on Batter's Hitting Distance Using Keiser
Taegy Kim (Underarmour Performance Center)
5. 14:53 ~ 14:55
Q&A

6. 14:55 ~ 15:03
Soccer Player's Lower Injuries and Rehabilitation

Sangmin Ji (Sports Rehab & Prevention (SRP) Center)

7. 15:03 ~ 15:05
Q&A

USMTC (University Sport Medicine Team Conference)

Saturday, October 24, 2020, 15:20-16:05

1. 15:20 ~ 15:25
Chair: Hyunseung Rhyu (Jungwon University, Korea)
Kiok Shin (Dong-A University, Korea)
Taegy Kim (Pukyong National University, Korea)
2. 15:25 ~ 15:33
The effects of three weeks exercise to promote proprioception by home training
Hyeonji Shin (Korea National University of Transportation, Korea)
3. 15:33 ~ 15:35
Q&A
4. 15:35 ~ 15:43
Analysis of muscle activity of maximum muscle strength (1RM) according to the strength of the pressurization device and the difference in knee joint isometric properties
Joohyun Lee (Dankook University, Korea)
5. 15:43 ~ 15:45
Q&A
6. 15:45 ~ 15:53
Is it possible to perform exercise after treatment of SLAP tear ?
Sunghwan Jeon (Tongwon University, Korea)
5. 15:53 ~ 15:55
Q&A
6. 15:55 ~ 16:03
Exercise is the solution for degenerative arthritis in the centenarian age
Joo-yoon Baek (Tongwon University, Korea)

7. 16:03 ~ 16:05
Q&A

UFPGEC (University Fitness Prop Group Exercise Contest)

Saturday, October 24, 2020, 16:15-16:45

1. 16:15 ~ 16:20
Chair: Hyungpil Jun (Dong-A University, Korea)
Dongil Sol (Hue Body Works, Korea)
Heejin Kang (Hue Body Works, Korea)
2. 16:20 ~ 16:23
Team 1: Special Line
Yoorim Park, Hyeonji Shin, Ahyeon Jung, Mingyu Park, Haneul Yoo, Chulhee Cho, Juhee Kang, Joeun Lee (Korea National University of Transportation, Korea)
3. 16:23 ~ 16:28
Team 1 Q&A
4. 16:28 ~ 16:31
Team 2: Prop exercise method for thoracic addiction
Chanjae Shin, Donghee Kim, Kihong Lee, Minhwi Son, Younghyun Kim, Donghee Kim (Kangwon National University, Korea)
5. 16:31 ~ 16:36
Team 2 Q&A
6. 16:36 ~ 16:39
Team 3: AriAri - Combined whole body aerobic exercise for skinny to overweight adults
Chaeun Song, Dayeon Hong, Hyewon Choi, Jihwan Choi, Hyejoo Lim (CHA University)
7. 16:40 ~ 16:45
Team 3 Q&A

Sunday, October 25, 2020

Workshop (4)

Sunday, October 25, 2020, 13:00-13:35

1. 13:00 ~ 13:05

Chair: Keunok An (Korea National Univ. of Transportation, Korea)
Jihoon Cho (Shingyeong University, Korea)

2. 13:05 ~ 13:30

How to Communicate: Sport Counseling Skills for Kinesiologist

Seyun Park (Chungnam National University, Korea)

3. 13:30 ~ 13:35

Q&A

Workshop (5)

Sunday, October 25, 2020, 14:00-14:40

1. 14:00 ~ 14:05

Chair: Keun Ok An (Korea National University of Transportation, Korea)
Jihoon Cho (Shingyeong University, Korea)

2. 14:05 ~ 14:35

Why do you think kytogenics is bad for athletes?

Lee Sang Yul (EZ studio, Korea)

3. 14:35 ~ 14:40

Q&A

Workshop (6)

Sunday, October 25, 2020, 15:00-15:35

1. 15:00 ~ 15:05

Chair: Keunok An (Korea National Univ. of Transportation, Korea)
Jihoon Cho (Shingyeong University, Korea)

2. 15:05 ~ 15:30

CLT exercises for middle school baseball players

Kyoungwan Kim (Body n Talk, Korea)

3. 15:30 ~ 15:35

Q&A