



Sports Medicine Curiosity Journal (SMCJ)

e-ISSN: 2962-6382 p-ISSN: 2962-6374

Volume 1 Issue 1 May 2022

SMCJ is an international-open accessed journal with a single-blind peer review. SMCJ publish not only human study but also animal study. It is a special platform for sports scientists, nutritionists, physiologists, medical practitioners, sports practitioners, students, and lecturers who would like to publish their scientific works. SMCJ aims to provide holistic information about sports medicine, it covers sports medicine-related topics such as exercise biochemistry, exercise physiology, sports nutrition, exercise therapy, and sports psychology both in elite sports and sports for all. Therefore, it is expected to bring beneficial information to a big audience at the international level.

Editor in Chief

Mohammad Arif Ali, S.Si., M.Sc., PT., AIFO-FIT. Universitas Negeri Semarang

Associate Editors

Sugiarto, S.Si., M.Sc., AIFM. Universitas Negeri Semarang

Fajar Syamsudin, S.Pd., M.Kes. Universitas Negeri Semarang

Adiska Rani Ditya Candra, S.Pd., M.Pd. Universitas Negeri Semarang

Dewi Marfu'ah Kurniawati, S.Gz., M.Gizi Universitas Diponegoro

Luthfia Dewi, S.Gz, M.Gz Universitas Muhammadiyah Semarang

Yulingga Nanda Hanief, M.Or. Universitas Negeri Malang

Editorial Board

Prof. Kuo, Chia-Hua, Ph.D. FACSM. University of Taipei, Taiwan

Prof. Liao, Yi-Hung, Ph.D. National Taipei University of Nursing and Health Sciences, Taiwan

Prof. Dr. dr. Oktia Woro Kasmini H., M.Kes. Universitas Negeri Semarang, Indonesia

Prof. Dr. Djoko Pekik Irianto, M.Kes., AIFO. Universitas Negeri Yogyakarta, Indonesia

Lian-Yee Kok, Ph.D. Tunku Abdul Rahman University College, Malaysia

Dr. Ani Mazlina Dewi Mohamed Universiti Teknologi MARA, Malaysia

Dr. Rebecca Alcuizar Mindanao State University-Iligan Institute of Technology, Philippines

Atchara Purakom, Ph.D. Kasetsart University, Thailand

Dr. Setya Rahayu, M.S. Universitas Negeri Semarang, Indonesia

Dr. Lilik Herawati, dr., M.Kes. Universitas Airlangga, Indonesia

Dr. Zainudin Amali, M.Si. Ministry of Youth and Sports Affairs, Indonesia

Reviewer Team

| | |
|---|--|
| Dr. Ema Qurnianingsih, dr., M.Si. | Universitas Airlangga, Indonesia |
| Dr. dr. Citrawati Dyah Kencono Wungu, M.Si. | Universitas Airlangga, Indonesia |
| Fidia Fibriana, S.Si., M.Sc. | Universitas Negeri Semarang, Indonesia |
| Ade Bagus Pratama, S.Si., M.Sc. | Chulalongkorn University, Thailand |
| dr. Rakhmat Ari Wibowo, M.Sc. | Universitas Gadjah Mada, Indonesia |
| Dr. Siti Kaidah, dr., M.Sc. | Universitas Lambung Mangkurat, Indonesia |
| Dr. Etika Ratna Noer, S.Gz., M.Si. | Universitas Diponegoro, Indonesia |
| Dr. Mahenderan Appukutty | Universiti Teknologi MARA, Malaysia |
| Mursid Tri Susilo, S.Gz., M.Gizi | Universitas Diponegoro, Indonesia |
| Rohani Retnauli Simanjuntak, S.Gz., M.Gizi | Poltekkes Kemenkes Medan, Indonesia |
| Dr. Roxana Dev Omar | Universiti Putra Malaysia |
| Donny Wira Yudha Kusuma, Ph.D. | Universitas Negeri Semarang, Indonesia |
| Febriani Fajar Ekawati, Ph.D. | Universitas Sebelas Maret, Indonesia |
| Harun, S.Si., M.Or. | Universitas Muhammadiyah Cirebon, Indonesia |
| Dian Listiarini, M.Or. | Universitas Negeri Yogyakarta, Indonesia |
| Dinan Mitsalina, S.Si., M.Or. | Universitas Negeri Jakarta, Indonesia |
| Yustitio Nora Veronica | Poltekkes Kemenkes Sorong |

SMCJ Editorial Office

UNIVERSITAS NEGERI SEMARANG

Faculty of Sports Science

Department of Sports Science

Sekaran Campus, Gunungpati District, Semarang, Indonesia.

Postal Code: 50229 / Phone: +62 24-8508007

Website: <https://journal.unnes.ac.id/sju/index.php/smcj/index>

E-mail: smcj@mail.unnes.ac.id

Foreword

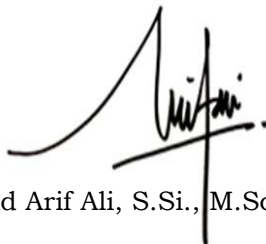
Dear readers, since sports have become a part of the fundamental needs of well-being, exploration in sports becoming more interesting. Sports as a medicine is well known, and become the cure key everyone could do to maintain or improve their health and quality of life in general. Through Sports Medicine Curiosity Journal (SMCJ), I wish everyone could find the answer and the reason why sports play a vital role in many aspects of life, by providing holistic information from the articles.

SMCJ launched by Universitas Negeri Semarang, Faculty of Sports Science, Department of Sports Science, and it aims to provide holistic information about sports medicine, it covers sports medicine-related topics such as exercise biochemistry, exercise physiology, sports nutrition, exercise therapy, and sports psychology both in elite sports and sports for all. Hence, I hope readers make good use of this journal and start some meaningful discussions, debates, and collaborations.

This very first issue covers topic-related exercise biochemistry, exercise physiology, sports nutrition, and exercise therapy. It consists of six original articles as follows 1) *the Relationship between A Skinfold Thicknesses with Level of High Sensitivity C-Reactive Protein in Elderly Woman*; 2) *the Effectiveness of the Rehabilitation Program on the ROM Articulation Genu Post-Surgery Meniscus Meniscectomy Patients at SPPOI Eminence Jakarta*; 3) *Differences in the Effect of Active Recovery Post Long Duration Interval Training towards Lactate in Young Men with Blood Type O and A*; 4) *Nutritional Status Related to Work Fatigue in Police Officers at the Traffic Police Directorate of East Java*; 5) *Effectiveness of Foam Rolling Against Changes in Range of Motion and Pain Degree due to Delayed Onset of Muscle Soreness Post 10Km Long Distance Running in Trained Young Men*; 6) *A Survey of Knowledge Level of Fitness Members in Consuming Muscle-building Supplements in Semarang*, and two reviews articles as follows 1) *The Benefits of Swimming on the Lungs Vital Capacity*; 2) *The Benefit of Milk Consumption on Athletes*.

The Editorial Board of SMCJ expecting your contributions and looks forward to many years of meaningful research to come. SMCJ is here to assist and to accelerate the flow of information and ideas, advancing the fields of sports medicine both in elite sports and sports for all. Finally, I would like to take this opportunity to express my gratitude to the associate editors, editorial board members, reviewer team, contributing authors, and many others for making SMCJ and this first issue possible. Special thanks also go to the members of the division of journal development of the Institute for Research and Community Service also known as LP2M, Universitas Negeri Semarang.

Semarang, May 31, 2022
Editor in Chief
Sports Medicine Curiosity Journal



Mohammad Arif Ali, S.Si., M.Sc., PT., AIFO-FIT.

Sports Medicine Curiosity Journal (SMCJ)
Volume 1 Issue 1 Pages 1–46 May 2022
Table of Content

| Articles | Page |
|---|--------------|
| the Relationship between A Skinfold Thicknesses with Level of High Sensitivity C-Reactive Protein in Elderly Woman Chanifatunnisa Nurul Aini, Martha Ardiaria | 1–6 |
| the Effectiveness of the Rehabilitation Program on the ROM Articulation Genu Post-Surgery Meniscus Meniscectomy Patients at SPPOI Eminence Jakarta Isna Lailatuz Zahroh, Teddy Firdyansyah, Yazid Rizki Khamdani | 7–11 |
| Differences in the Effect of Active Recovery Post Long Duration Interval Training towards Lactate in Young Men with Blood Type O and A Yohanes de la Cruz Gilang Putra Bangsa, Abiyyu Bari Arhab | 12–17 |
| Nutritional Status Related to Work Fatigue in Police Officers at the Traffic Police Directorate of East Java Karinda Kennia Antika, Adriyan Pramono | 18–24 |
| Effectiveness of Foam Rolling Against Changes in Range of Motion and Pain Degree due to Delayed Onset of Muscle Soreness Post 10Km Long Distance Running in Trained Young Men Ebenezer Silaban, Muchamad Sadhali, Nandaru Fajar Sumirat, Bayu Pangestu, Didit Prakosa Adi Nugroho | 25–30 |
| A Survey of Knowledge Level of Fitness Members in Consuming Muscle-building Supplements in Semarang Abiyyu Bari Arhab, Yohanes de la Cruz Gilang Putra Bangsa | 31–34 |
| The Benefits of Swimming on the Lungs Vital Capacity Muhammad Chanifuddin Hadiansyah, Ameilia Sawitri Hartono, Bagas Wahyu Prakoso, Farid Nur Ardiansyah, Bhayu Billiandri | 35–40 |
| The Benefit of Milk Consumption on Athletes Saddam Dwi Wira Yudha, Agung Yera Setyo Pamungkas, Az Zahra Asri Purnamawati, Muhamad Andriansyah, Tri Rustiadi | 41–46 |