



Sports Medicine Curiosity Journal (SMCJ)

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

Volume 1 Issue 2 October 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.

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Foreword

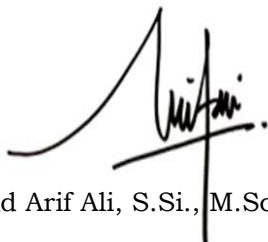
Dear readers, since sports have become a part of the fundamental needs of well-being, exploration in sports becoming more interesting. Sports as a medicine is well known, and become the cure key everyone could do to maintain or improve their health and quality of life in general. Through Sports Medicine 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.

In this volume 1 issue 2, it consists of eight original articles as follows 1) A Study of Exercise Habits and Heart Rate Exercise in The Elderly at Wredha Rindang Asih Nursing Home; 2) Differences in Family Support and Posyandu Visit Frequency Between Stunted and Non-Stunted 12-59 Months Old Toddlers; 3) The Effect of Edamame Milk on Triglyceride Levels in Diabetes Wistar Rats; 4) Analysis Study of Endurance and Agility Levels During the Covid-19 Pandemic of Students at Bintang Muda Wolo Football Academy in Penawangan District; 5) The Physical Condition of The Sukoharjo Pencak Silat Athlete in Team Category; 6) Correlation of Potassium Intake and Physical Activity with Blood Pressure in Hypertensive Patients at Puskesmas Kedungmundu Semarang; 7) Feasibility Perception of Sports Applications to Maintain the Physical Conditions of Hockey Players During the Covid-19 Pandemic, and 8) The Effect of Foot Massage on Decreasing Glucose Levels of Diabetes Types 2 Patients in Kalisidi Village.

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, October 31, 2022
Editor in Chief
Sports Medicine Curiosity Journal



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

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