



Sports Medicine Curiosity Journal (SMCJ)

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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

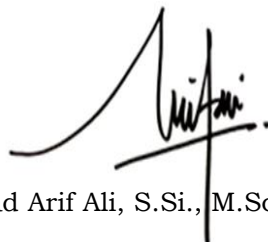
Dear readers, since sports have become a part of the fundamental needs of well-being, exploration in sports becoming more interesting. Sports as a medicine is well known and become the cure key everyone could do to maintain or improve their health and quality of life in general. Through Sports Medicine 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 2 issue 1, it consists of five original articles as follows 1) The Correlation between Sports Extracurricular and Social Behaviour of Students in Junior High School 1, Jekulo, Kudus; 2) Effect of Exercise Therapy, Electrical Therapy, and Heat Therapy on Hamstring Injury Pain Levels of SPFA Athlete; 3) Relationship between Somatotype and Body Mass Index with the Successful Heading of Soccer Athletes; 4) The Effect of Brisk Walking Exercise on Changes in Rheumatoid Arthritis Factor in Older Women with Rheumatoid Arthritis Symptoms; 5) The Effect of Brisk Walking Exercise on Changes in ESR Levels and CRP in Old Women with Symptoms of Rheumatoid Arthritis, and three review articles as follows: 1) The Effect of Physical Activity on Elderly Woman with Rheumatoid Arthritis Symptoms; 2) The Effect of Physical Activity on Physical Fitness in Early Childhood, and 3) The Role of Cycling on Hypertense People.

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, 2023
Editor in Chief
Sports Medicine Curiosity Journal



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

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