



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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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

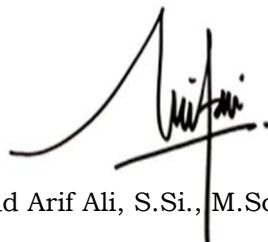
Dear readers, since sports have become a part of the fundamental needs of well-being, exploration in sports becoming more interesting. Sports as a medicine is well known and become the cure key everyone could do to maintain or improve their health and quality of life in general. Through Sports Medicine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

In this volume 2 issue 2, it consists of one review article as follows: 1) The Technical Report: What is Continuum Zone Repetition on Popular Resistance Training Periodization, and seven original articles as follows 1) Exploring The Role of Nature of Sports in Lifestyle and Sports Engagement of Student-Athletes, 2) The Effectiveness of Shuttle-Run and Zigzag Run Training on the Agility of Football Players, 3) The Effect of Jump Rope Training Program on Increase Dynamic Balance in Deaf Children SLB-B Yayasan Pendidikan Tunas Bangsa (YPTB) Malang City, 4) The Effect of Jump Rope Training Program on the Agility in Deaf Children SLB-B Yayasan Pendidikan Tunas Bangsa (YPTB) Malang City, 5) Anxiety Level of DKI Jakarta Women's Rugby Athletes Towards the National Sports Week 2024, 6) The Correlation of Muscle Mass and Fat with Leg Power of 16 Senior Highschool Basketball Athlete, 7) Functional Movement Screen at DKI Jakarta POPB Athletics in 2023.

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, 2023
Editor in Chief
Sports Medicine Curiosity Journal



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

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