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Journal Information

Journal Title	Exercise Science
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Classification History

Year	A+	A	B	C
2026			✓	
2025			✓	
2024			✓	
2023			✓	
2021/2022			✓	
2020			✓	
2019			✓	
2018				

Classification: The table above shows all journal classifications recorded for each classification year in the Green Journals database. A journal may have more than one classification in the same year.

Recent Articles

Toe Flexor Strength as a Functional Indicator of Sarcopenia in Elderly Women: Pilot Study
2026-11-5
Authors: Jung-Soo Park, He-Jeung Park, Su-Jin Kim et al.
DOI: 10.15857/ksep.2026.00087

Physiological Responses in Youth Soccer Players With and Without Mist Spraying on Synthetic Turf in Hot Conditions
2026-10-28
Authors: Yuta Kosuge, Takashi Yamashita, Takahiro Inoue et al.
DOI: 10.15857/ksep.2026.00199

Physical Nudging: Effects of Adherence to Physical Activity Guidelines on Physical Fitness and Self-Management Capacity in Young Adults with Type 2 Diabetes
2026-10-28
Authors: Yun-A Shin, Gwang-Yeol Baek, Young-Ung Kim et al.
DOI: 10.15857/ksep.2026.00122

Physical Activity and Metabolic Syndrome in Korean Adults Living Alone: Gender Differences from the Korean National Health and Nutrition Examination Survey (KNHANES) 2014-2016
2026-10-28
Authors: Jeongmin Lee, Noh-Hwan Park, Yunsung Kim et al.
DOI: 10.15857/ksep.2026.00213

Estimating Weekly Exercise Duration Requirements to Reduce Possible Sarcopenia Risk in High-Risk Older Adults: A Longitudinal Survival Analysis with Counterfactual Explanation
2026-10-27
Authors: Jong Hyeon Lee, Dong Hoon Lee, Justin Y. Jeon
DOI: 10.15857/ksep.2026.00178

Effects of High-Intensity Interval Training Versus High-Intensity Circuit Training on Airflow Limitation in Older Adults with Pre-COPD: A Pilot RCT
2026-8-26 Vol. 35 Issue 3 Pages 268-279
Authors: Eun-Ah Jo, Soo-Jin Lee, Ki Uk Kim et al.
DOI: 10.15857/ksep.2025.00479

Exercise and Cognitive Function in Peri- and Postmenopausal Women: Evidence from Human RCTs and Mechanistic Preclinical Studies
2026-8-26 Vol. 35 Issue 3 Pages 223-238
Authors: Hunyoung Ha, Siyun Kim, Heehyun Shin et al.
DOI: 10.15857/ksep.2026.00045

A Translational Agenda for Exercise Science
2026-8-26 Vol. 35 Issue 3 Pages 221-222
Authors: Junchul Shin
DOI: 10.15857/ksep.2026.00353

Nutritional Strategies to Mitigate Muscle Loss During Rehabilitation After Sports Injuries: A Narrative Review
2026-8-19 Vol. 35 Issue 3 Pages 239-255
Authors: Kihyuk Lee, Jooyoung Kim
DOI: 10.15857/ksep.2026.00101

CCL5 Attenuates Palmitate-Induced Myotube Atrophy through Cytoskeletal Stabilization Rather than Proteostasis Regulation
2026-8-19 Vol. 35 Issue 3 Pages 298-313
Authors: Chan-Young So, Sujin Kim, Keren Esther Kristina Mantik et al.
DOI: 10.15857/ksep.2026.00143