

# PAN

---

## Physical Activity and Nutrition

### Review articles

- Bok Sil Hong / Myoung-Ryu Kim  
Interplays between human microbiota and microRNAs in COVID-19 pathogenesis: a literature review
- Sewoon Yoon / Ohkyu Kwon / Jooyoung Kim  
Vitamin D in athletes: focus on physical performance and musculoskeletal injuries

### Short communication

- Kevin Boldt / Stela Mattiello / Venus Joumaa / Jeannine Turnbull / Paul W.M. Fedak / Walter Herzog  
Consumption of a high-fat-high-sucrose diet partly diminishes mechanical and structural adaptations of cardiac muscle following resistance training

### Original articles

- Satoshi Hattori / Naomi Omi / Zhou Yang / Moeka Nakamura / Masahiro Ikemoto  
Effect of ginger extract ingestion on skeletal muscle glycogen contents and endurance exercise in male rats
- Ji Young Kim / Hun-Young Park / Jisu Kim / Kiwon Lim  
Body mass index and relative handgrip strength are associated with the prevalence of hypertension in Korean elderly: Korean national fitness assessment in 2019
- Satoshi Hattori / Naomi Omi  
The effects of royal jelly protein on bone mineral density and strength in ovariectomized female rats

- Review articles**
- 001** **Interplays between human microbiota and microRNAs in COVID-19 pathogenesis: a literature review**  
Bok Sil Hong / Myoung-Ryu Kim
- 020** **Vitamin D in athletes: focus on physical performance and musculoskeletal injuries**  
Sewoon Yoon / Ohkyu Kwon / Jooyoung Kim
- Short communication**
- 008** **Consumption of a high-fat-high-sucrose diet partly diminishes mechanical and structural adaptations of cardiac muscle following resistance training**  
Kevin Boldt / Stela Mattiello / Venus Joumaa / Jeannine Turnbull / Paul W.M. Fedak / Walter Herzog
- Original articles**
- 015** **Effect of ginger extract ingestion on skeletal muscle glycogen contents and endurance exercise in male rats**  
Satoshi Hattori / Naomi Omi / Zhou Yang / Moeka Nakamura / Masahiro Ikemoto
- 026** **Body mass index and relative handgrip strength are associated with the prevalence of hypertension in Korean elderly: Korean national fitness assessment in 2019**  
Ji Young Kim / Hun-Young Park / Jisu Kim / Kiwon Lim
- 033** **The effects of royal jelly protein on bone mineral density and strength in ovariectomized female rats**  
Satoshi Hattori / Naomi Omi