Original articles

- **Hye Jin Kim / Oran Kwon**
  Aerobic exercise prevents apoptosis in skeletal muscles of high-fat-fed ovariectomized rats

- **Ayano Imai / Keiichi Yamaguchi / Kazushige Goto**
  Comparison of systemic and peripheral responses during high-intensity interval exercise under voluntary hypoventilation vs. hypoxic conditions

- **Maryam Selk-Ghaffari / Bahar Hassanmirzaei / Amin Nakhostin-Ansari / Behnaz Mahdaviani / Mohammad Saeid Khojii / Reyhaneh Aghajani / Maedeh Gholami-Mehrabadi / Alifeh Khosravi / Ramin Kordi**
  Conceptualization and development of a questionnaire to determine physical activity barriers

- **Yuya Higaki / Shumpei Fujie / Yosuke Yamato / Moe Oshiden / Motoyuki Iemitsu**
  Four weeks of lower-limb static stretching reduces regional arterial stiffness in middle-aged and older women

- **Eun-Sook Sung / Sijin Lee / Younghun Lee / Seunghae Lee / Jonghoon Park**
  Analysis of energy intakes, physical activities and metabolic syndrome according to the income level in Korean elderly people: Korean National Health and Nutrition Examination Survey 2016–2018