

# 2026 KSEP Annual Meeting

April 9-11, 2026, Yeosu, Jeollanam-do, Korea  
2026 한국운동생리학회 정기국제학술대회

## **Advancing Human Performance: Bridging Science and Practice in Exercise Physiology**

### **DAY 1** 9<sup>th</sup> Thursday (Day 1, SONO Calm Yeosu, Grand ballroom 1, 14:00~20:00)

Round Tables (Sapphire III, 2<sup>nd</sup> Floor, 11:30-13:00)

Symposium 1. Basic Science in Exercise Physiology 1-3

\*Keynote Lecture: Parallel Process for Cognitive Flexibility and Habitual Stability in the Primate Brain 4

\*\*Colloquium: Science and Practice in Running 5-6

\*\*\*Highlighted Lecture: Learning from Clinical Dietitians 7

(임상영양사에게 길을 묻다: 운동생리학 분야 대학원 전문인력 양성을 위한 제도적 로드맵)

### **DAY 2** 10<sup>th</sup> Friday (Day 2)

**Room 1: SONO Calm Yeosu, Grand ballroom 1 (08:00~18:30)**

Panel discussion: KSEP's Legacy and Proposal: Expanding the Healthcare Role of Exercise Physiology for Healthy Life 8

Symposium 2. Applied Exercise Physiology 9-10

\*Plenary lecture: Integrative Physiology Towards Medicine 3.0 11

\*\*Symposium 3. Joint Symposium between JSPFSM and KSEP 12-15

\*\*\*Symposium 4. Doping Analysis and Exercise Physiology 16-18

\* **Poster presentation: April 10 Friday (Day 2, Lily 5<sup>th</sup> Floor, 14:30~15:40)**

\*\*\*\*Symposium 5. Brain Health and Exercise Physiology 19-21

Awards & 제37차 정기총회

**Room 2: SONO Calm Yeosu, Grand ballroom 2 (08:40~16:50)**

Session 1. Clinical Exercise Physiology 12-23

\*Session 2. Graduate Students and Young Investigators I 24-26

Session 3. Graduate Students and Young Investigators II 27-29

\* **Poster presentation: April 10 Friday (Day 2, Lily 5<sup>th</sup> Floor, 14:30~15:40)**

\*\*Session 4. Joint Session between KISS and KSEP: 30-32

Awards (Room 1: Grand ballroom 1)

**Room 3: SONO Calm Yeosu, Sapphire 1 (2<sup>nd</sup> Floor) (09:25~16:30)**

Session 5. Graduate Students and Young Investigators III 33-35

Session 6. International Young Scholars in Clinical Exercise Physiology 36-40

Session 7. International Young Scholars in Healthy Aging 41-45

\* **Poster presentation: April 10 Friday (Day 2, Lily 5<sup>th</sup> Floor, 14:30~15:40)**

Session 8. International Young Scholars in Exercise Performance 46-48

Awards (Room 1: Grand ballroom 1)



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## Advancing Human Performance: Bridging Science and Practice in Exercise Physiology



SONO Calm Yeosu, April 9<sup>th</sup>(Thur.) - 11<sup>th</sup>(Sat.), 2026

### Day 1.

Date & Time		Room 1: SONO Calm Yeosu, Grand ballroom 1	
		Moderator: Young-Min Park (Incheon Nat'l Univ.)	
9 (Thur.)	11:30-13:00	<b>Round Tables (Sapphire III, 2nd Floor)</b> : Counseling session for admission to graduate schools in Korea and abroad Moderator: Young-Min Park (Incheon Nat'l Univ.) Presenters: Taewan Kim (Sungkyunkwan Univ., Korea), Dong-Min Lee (Univ. of Tsukuba, Japan), Jin-Su Kim (Univ. of Florida, USA) Mentors: Moon-Hyon Hwang (Incheon Nat'l Univ.), Dong-Min Kwak (Hanyang Univ.), Kyeongho Byun (Incheon Nat'l Univ.), Min-Chul Lee (CHA Univ.), Junchul Shin (Kyungpook Nat'l Univ.), Jinkyung Cho (Sungkyunkwan Univ.), Seungyong Lee (Incheon Nat'l Univ.), Eun-Jung Yoon (Kongju Nat'l Univ.), Seung-Soo Baek (Sangmyung Univ.)	
	13:00-14:00	<b>Registration &amp; Reception</b>	
	14:00-14:05	<b>Symposium 1. Basic Science in Exercise Physiology</b> Chair: Seungyong Lee (Incheon National Univ., Korea) & Junchul Shin (Kyungpook National Univ., Korea)	
	14:05-14:25	<b>1. Effect of Exercise on Vascular Function Via PVAT</b> Sang Ki Lee (Chungnam Nat'l Univ., Korea)	
	14:25-14:45	<b>2. Regulatory B Cells Restrain Muscle Inflammatory Responses and Reprogram the Local Immune Environment to Enhance Exercise Capacity</b> Jinkyung Choi (Department of Immunology, Jeonbuk Nat'l Univ., Korea)	
	14:45-15:05	<b>3. Muscle-to-Brain Crosstalk: Exercise-Induced Anti-inflammatory Effects in a Mouse Model of Alzheimer's Disease</b> Jang Soo Yook (Pohang Univ. of Science and Technology, Korea)	
	15:05-15:20	Break	
	15:20-15:25	<b>Keynote Lecture: Bridging Science and Practice in Exercise Physiology</b> Chair: Young-Pyo Kim (Jeju Nat'l Univ., Korea) & Hyo-Yeol Moon (Seoul Nat'l Univ., Korea)	
	15:25-16:05	<b>4. Parallel Process for Cognitive Flexibility and Habitual Stability in the Primate Brain</b> Hyoung Kim (Division of Biological Sciences, Seoul Nat'l Univ., Korea)	
	16:05-16:15	Break	
	16:15-16:20	<b>Colloquium: Science and Practice in Running</b> Chair: Bong-Seok Oh (Sunchon Nat'l Univ., Korea) & Yong Seok Jee (Hanseo Univ., Korea)	
	16:20-16:40	<b>5. Running-Induced Morphologic Changes in the Musculoskeletal System</b> Jihong Park (Kyung Hee Univ., Korea)	
16:40-17:00	<b>6. Research and Clinical Applications of Running Biomechanics</b> Yongung Kwon (Chung-Ang Univ., Korea)		
17:00-17:15	Break		
17:15-17:20	<b>Highlighted Lecture: Learning from Clinical Dietitians</b> Chair: Hong-Sun Song (Gyeongguk Nat'l Univ., Korea) & Dong-Ho Park(Inha Univ.)		
17:20-18:00	<b>7. A Policy Roadmap for Graduate-Level Training of Exercise Physiology Professionals</b> Yoo Kyoung Park (Dept. of Medical Nutrition, Grad. School of East-West Medical Nutrition, Kyung Hee Univ., Korea)		
18:00-20:00	<b>Welcome Ceremony &amp; Banquet</b>		

**Day 2.**

Date & Time		<b>Room 1. Symposium (SONO Calm Yeosu, Grand ballroom 1)</b>
		<b>Moderator: Seung-Kyum Kim (Seoul Nat'l Univ. of Science and Technology, Korea)</b>
08:00-08:05		<b>Panel discussion: Exercise Physiology: Shaping Kinesiology and Advancing Public Health</b> Chair: Seung-Soo Baek (Sangmyung Univ., Korea)
08:05-08:40		<b>8. KSEP's Legacy and Proposal: Expanding the Healthcare Role of Exercise Physiology for Healthy Life</b> Panelists: Kyeongho Byun (Incheon Nat'l Univ.), Seungyong Lee (Incheon Nat'l Univ.), Eun-Jung Yoon (Kongju Nat'l Univ.)
08:40-08:45		<b>Symposium 2. Applied Exercise Physiology</b> Chair: Dongmin Kwak (Hanyang Univ., Korea) & Hyun-Chul Jung (Kyung Hee Univ., Korea)
08:45-09:05		<b>9. Acute Safety and Physiological Responses to Blood Flow-Restricted Resistance Exercise in Patients with Chronic Heart Failure</b> Chiao-Nan Chen (Dept. of Physical Therapy and Assistive Technology, Nat'l Yang Ming Chiao Tung Univ., Taiwan) <i>English</i>
09:05-09:25		<b>10. Effects of 24-Week High-Intensity Interval Training (HIIT) and Moderate-Intensity Continuous Training (MICT) on Proteomic Characteristics Related to Hepatic Lipid Metabolism in Aging Rats</b> Hao Su (Beijing Sport Univ., China) <i>English</i>
09:25-09:35		<b>Break</b>
09:35-09:40		<b>Plenary lecture: Bridging Science and Practice in Exercise Physiology</b> Chair: Moon-Hyon Hwang (Incheon Nat'l Univ., Korea) & Seungyong Lee (Incheon Nat'l Univ., Korea)
09:40-10:20		<b>11. Integrative Physiology Towards Medicine 3.0</b> Young Charles Jang (School of Medicine, Emory Univ., USA) <i>English</i>
10:20-10:30		<b>Symposium 3. Joint Symposium between JSPFSM and KSEP</b> Chair: Takayuki Akimoto (Waseda Univ., Japan) & Ji-Seok Kim (Gyeongsang Nat'l Univ., Korea)
10:30-10:50		<b>12. Targeted Warm-up Strategies for Beginners</b> Chansol Hurr (Jeonbuk Nat'l Univ., Korea) <i>English</i>
10:50-11:10		<b>13. Duration-Dependent Mechanical and Vascular Responses to Static Stretching in Human Forearm Flexors</b> Masahiro Iwata (Nihon Fukushi Univ., Japan) <i>English</i>
11:10-11:20		<b>Break</b>
11:20-11:40		<b>14. Muscle Network Dynamics in Postural Control and Exercise</b> Hyun-Chul Jung (Kyung Hee Univ., Korea) <i>English</i>
11:40-12:00		<b>15. Local Skeletal Muscle Cooling and Endurance Training-induced Mitochondrial Adaptation in Mice</b> Daisuke Hoshino (Univ. of Electro-Communications, Japan) <i>English</i>
12:00-12:50		<b>Lunch time</b>
12:50-13:20		<b>Opening Ceremony</b> Moderator: Kyeongho Byun (Incheon Nat'l Univ., Korea)
13:20-13:30		<b>Opening Address:</b> Seung Soo Baek (President of the Korean Society of Exercise Physiology, Sangmyung Univ., Korea) <b>Welcome Address:</b> Kwan-Yong Choi (President of KAHPERD, Korea) <b>Congratulatory Speech:</b> Kang-Young Song (President of the Korea Institute of Sport Science, Korea)
13:30-13:50		<b>Symposium 4. Doping Analysis and Exercise Physiology</b> Chair: Tae-Kyung Han (Gyeongbuk Nat'l Univ., Korea) & Seung-Kyum Kim (Seoul Nat'l Univ. of Science and Technology, Korea)
13:50-14:10		<b>16. Steroid Profiling in Non-Invasive Diagnostics and Anti-Doping Analysis</b> Man-Ho Choi (Korea Institute of Science and Technology, Korea)
14:10-14:30		<b>17. Development of a CRISPR-based High-throughput Diagnostics for Gene and Cell Doping Analysis</b> Changmin Sung (Korea Institute of Science and Technology, Korea)
14:30-15:40		<b>18. AI-Driven Anti-Doping and Athletic Performance Profiling</b> Jun-Hyun Bae (Catholic Kwandong Univ., Korea)
15:40-15:50		<b>Poster Session (Lily, Wellness Center 5F)</b>
15:50-16:10		<b>Symposium 5. Brain Health and Exercise Physiology</b> (Supported by NRF-2025S1A5C3A02008093, P.I. Choung-Hun Kang, Inha Univ.) Chair: Soo-Hyun Park (Korea Institute of Sport Science, Korea) & Kyung-Min Kim (Sungkyunkwan Univ., Korea)
16:10-16:30		<b>19. Irisin Engineering for Enhanced BBB Permeability: Preventing Alzheimer's Disease by Mimicking Exercise Effects</b> Choung-Hun Kang (Inha Univ., Korea)
16:30-16:50		<b>20. Effect of a Personalized Cycling Program on Motor Function and Gait in Elderly Patients with Parkinson's Disease</b> Younguk Kim (Univ. of Hawaii at Manoa, USA) <i>Online</i>
16:50-17:20		<b>21. Quantifying Motor Variability and Stability: Clinical Application to Cerebral Palsy</b> Junkyung Song (Kyungpook Nat'l Univ., Korea)
17:20-18:30		<b>Awards</b>
		<b>Annual Meeting Ceremony (제37차 정기총회)</b>

10  
(Fri.)

**Day 2.**

Date & Time		Room 2. Free Communication (SONO Calm Yeosu, Grand ballroom II)
		Moderator: Jinkyung Cho (Sungkyunkwan Univ., Korea)
10 (Fri.)	08:00-08:05	<b>Panel discussion: Impact of Exercise Physiology in Kinesiology (Room 1)</b>
	08:05-08:40	Panel discussion (Room 1)
	08:40-08:45	<b>Session 1. Clinical Exercise Physiology</b> Chair: In-Hwan Lee (Changwon Nat'l Univ., Korea) & Eun-Jung Yoon (Kongju Nat'l Univ., Korea)
	08:45-09:05	22. SUPERBRAIN-BOOM: A Multicenter Randomized Feasibility Trial of a Personalized, Mobile-Based Multidomain Intervention for Mild Cognitive Impairment Da-Ae Kim (School of Medicine, Ajou Univ., Korea)
	09:05-09:25	23. Synergistic Effects of a 12-Week Pilates Training Program on Neuromuscular Function and Dynamic Balance in Elite Fencers Hyo-Seon Lee (Gyeongsang Nat'l Univ., Korea)
	09:25-09:35	Break
	09:35-09:40	<b>Plenary lecture: Bridging Science and Practice in Exercise Physiology (Room 1)</b>
	09:40-10:20	11. Integrative Physiology Towards Medicine 3.0 (Room 1) Young Charles Jang (Emory Univ., School of Medicine, USA) <i>English</i>
	10:20-10:30	Break
	10:30-10:40	<b>Session 2. Graduate Students and Young Investigators I</b> Chair: Moon-Hyon Hwang (Incheon Nat'l Univ., Korea) & Jae-Seung Chang (Hannam Univ., Korea)
	10:40-11:00	24. KSEP Outstanding Doctoral Dissertation Award (Nominee #2) Effects of Different Exercise Types on Perivascular Adipose Tissue Remodeling and Vascular Function in Obese Ovariectomized Mice Wooyeon Jo (Chungnam Nat'l Univ., Korea) <i>English</i>
	11:00-11:20	25. KSEP Outstanding Doctoral Dissertation Award (Nominee #3) Effect of Resistance Exercise and Essential Amino Acids Intake on Central and Peripheral Exerkines in Older Women: Influence of Insulin Resistance Status Deokhwa Jeong (Kangwon Nat'l Univ., Korea) <i>English</i>
	11:20-11:40	26. 2025 Outstanding Doctoral Dissertation Awardee (Korean Society of Sport Science) Physical Exercise-Induced Neuroprotection, Anti-inflammation, and Remyelination in Triple Transgenic Mice Taewan Kim (Sungkyunkwan Univ., Korea) <i>English</i>
	11:40-12:50	Lunch time
	12:50-13:20	<b>Opening Ceremony (Room 1)</b>
	13:20-13:30	<b>Session 3. Graduate Students and Young Investigators II</b> Chair: Min-Chul Lee (CHA Univ., Korea) & Kyeongho Byun (Incheon Nat'l Univ., Korea)
	13:30-13:50	27. Development and In Vivo Validation of a Gut Microbiome Exercise Index (GMEI) Byunghun So (Inha Univ., Korea)
	13:50-14:10	28. Effects of Breathing Resistance-based Hypoxemia Training on Cardiovascular Function and Metabolic Risk Factors Jean-Hee Han (Kyung Hee Univ., Korea)
	14:10-14:30	29. Comparative Analysis of Discipline-Specific Physical Profiles and Functional Movement in Elite Adolescent Taekwondo Athletes: Kyorugi vs. Poomsae Min-Jeong Kang (Gyeongsang Nat'l Univ., Korea)
	14:30-15:40	<b>Poster Session (Lily, Wellness Center 5F)</b>
	15:40-15:50	<b>Session 4. Joint Session between KISS and KSEP:</b> Chair: Saejong Park (Korea Institute of Sports Science, Korea) & Junghyun Kim (Kyunghee Univ., Korea)
	15:50-16:10	30. Specific Training for Maintaining Wheelchair Curling Conditioning Yeong-Hyun Cho (Korea Institute of Sports Science, Korea)
	16:10-16:30	31. Pilot Program and Future Directions for Nurturing Talented Youth in Sports Science Sangheon Park (Korea Institute of Sports Science, Korea)
	16:30-16:50	32. Scientific Insights into Portable Gas-Exchange Systems for Performance Enhancement Jinseok Lee (Daegu Nat'l Univ. of Education, Korea)
	16:50-17:20	Awards & Annual Meeting Ceremony (Room 1)

**Day 2.**

Date & Time		Room 3: SONO Calm Yeosu, Sapphire I , 2 <sup>nd</sup> Floor
		Moderator: Buong-O Chun (Myogji Univ., Korea) & Yuan Tan (Incheon Nat'l Univ., Korea)
10 (Fri.)	09:00-09:25	Registration & Reception
	09:25-09:30	<b>Session 5. Graduate Students and Young Investigators III</b> Chair: Junchul Shin (Kyungpook Nat'l Univ., Korea) & Eun Sun Yoon (Korea Nat'l Open Univ., Korea)
	09:30-09:45	33. Changes in Muscle Activation and Muscle Oxygen Saturation during a Single Set of the Bench Press Hansol Jeong (Dongduk Women's Univ., Korea) <i>Korean</i>
	09:45-10:00	34. The Effects of Repeated Ischemic Preconditioning Accompanied by Exercise on Vascular Function in Middle-Aged Adults Hani Kang (Kyung Hee Univ., Korea) <i>Korean</i>
	10:00-10:15	35. Cross-Sectional and Longitudinal Analysis of the Effects of Mat Pilates on Powerhouse Muscle Function during Teaser Movement Jiye Yu (Dongduk Women's Univ., Korea) <i>Korean</i>
	10:15-10:30	Break
	10:30-10:35	<b>Session 6. International Young Scholars in Clinical Exercise Physiology</b> Chair: Hao Su (Beijing Sport Univ., China) & Buong-O Chun (Myongji Univ., Korea)
	10:35-10:50	36. Effects of Resistance Training Modality on Lower-Limb Asymmetry and Sport Specific Performance in Soccer Mingjin Yan (Myongji Univ., Korea) <i>Chinese</i>
	10:50-11:05	37. Evidence-Based Exercise Prescription for Metabolic Syndrome Hui-min Ding (Myongji Univ., Korea) <i>Chinese</i>
	11:05-11:20	38. Music-Dance Dual-Task Training for Cognitive Function in Older Adults Lin Zhao (Harbin Sport Univ., China) <i>Chinese</i>
	11:20-11:35	39. Effects of Health Dance Exercise on Multidimensional Health Outcomes in Elderly Women Ying Sun (Harbin Sport Univ., China) <i>Chinese</i>
	11:35-12:50	Lunch
	12:50-13:20	Opening Ceremony (Room 1)
	13:20-13:25	<b>Session 7. International Young Scholars in Healthy Aging</b> Chair: Chiao-Nan Chen (National Yang Ming Chiao Tung Univ., Taiwan) & Buong-O Chun (Myongji Univ., Korea)
	13:25-13:40	40. Effects of Exercise on Ferroptosis and Autophagy-Related Factors in Renal and Cardiac Tissues of Angiotensin II-Injected Mice Ying-Ying Xiang (Gyeongsang Nat'l Univ., Korea) <i>Chinese</i>
	13:40-13:55	41. The Gut-Muscle Axis in Sports Nutrition: Microbiome Adaptations for Performance and Metabolic Longevity Zhikun Zhang (Inha Univ., Korea) <i>Chinese</i>
	13:55-14:10	42. Effects of Exercise Interventions on Rehabilitation Outcomes in Stroke Patients Li-qun Jiang (Myongji Univ., Korea) <i>Chinese</i>
	14:10-14:25	43. Qigong Training for Cognitive-Physical Health Preservation in Older Adults Jia-le Yu (Nanchang Normal Univ., China) <i>Chinese</i>
	14:30-15:40	Poster Session (Lily, Wellness Center 5F)
	15:40-15:45	<b>Session 8. International Young Scholars in Exercise Performance</b> Chair: Hao Su (Beijing Sport Univ., China) & Buong-O Chun (Myongji Univ., Korea)
15:45-16:00	44. Using Machine Learning to Explore Determinants of Depression in Sedentary Middle-Aged and Older Adults: A Cross-National Comparison Between China and South Korea Yuwen Shangguan (Kunsan Nat'l Univ., Korea) <i>Chinese</i>	
16:00-16:15	45. Validated Ethnic-Specific Bioelectrical Impedance Equations and Reference Values for Body Composition Assessment in Community-Dwelling Chinese Adults Ji-Peng Shi (Northeast Normal Univ., China) <i>Chinese</i>	
16:15-16:30	46. Effects of Periodized Core Training on Physical Fitness and Stroke Performance in College Table Tennis Players Dong Kuan (Central China Normal Univ., China) <i>Chinese</i>	
16:30-16:45	47. Sled Push Training for Physical Fitness and Performance in Female Soccer Players Qing Li (Jiangsu Nursing Vocational College, China) <i>Chinese</i>	
16:50-17:20	Awards & Annual Meeting Ceremony (Room 1)	

**Day 3.**

Date & Time		<b>Build and Disseminate an Innovative Sport Science Community</b>
		<b>Moderator: Kyeongho Byun (Incheon Nat'l Univ., Korea)</b>
11 (Sat.)	10:30-13:00	<p><b>Build and Disseminate an Innovative Sport Science Community</b>  <b>Moderators: Seung Soo Baek (Sangmyung Univ.)</b>            Ho-Sung Lee (Dankook Univ.), Young-Pyo Kim (Jeju Nat'l Univ.), Dong-Ho Park (Inha Univ.), Bong-Seok Oh (SoonChon Univ.), Hyun-Tae Park (Dong-A Univ.), Dai-Hyuk Choi (Sogang Univ.), Duk-Joe Jung (Seowon Univ.), Chang-Sun Kim (Dong-Duk Women's Univ.), Jung-Jun Park (Pusan Nat'l Univ.), Min-Jung Kim (Hankuk Foreign Studies Univ.), Eun-Jung Kim (Jungwon Univ. Korea), Kyeonglae Kim (Korea Nat'l Univ. of Education), I-Seop Kwak (Dong-Eui Univ.), Hong-Sun Song (Gyeongguk Nat'l Univ.), Hyo-Bum Kwak (Inha Univ.), Kwang-Seok Hyun (Chungnam Nat'l Univ.), Tae-Kyung Han (Gyeongguk Nat'l Univ.), Sae-Jeong Park (Korea Institute of Sport Science), Soo-Hyun Park (Korea Institute of Sport Science), Moon-Hyon Hwang (Incheon Nat'l Univ.), Ji-seok Kim (Gyeongsang Nat'l Univ.), Hyo-Yeol Moon (Seoul Nat'l Univ.), Kwang-Seok Hong (Chung-Ang Univ.), Jinkyung Cho (Sungkyunkwan Univ.), Seung Kyum Kim (Seoul Nat'l Univ. of Science and Technology), Hokyung Choi (Pukyong Nat'l Univ.), Young-Min Park (Incheon Nat'l Univ.), Jung-Hyun Kim (Kyunghee Univ.), Dong-Min Kwak (Hanyang Univ.), Hyun-Chul Jung (Kyunghee Univ.), Min-Chul Lee (CHA Univ.), Kyeongho Byun (Incheon Nat'l Univ.), Seungyong Lee (Incheon Nat'l Univ.), Tae-Woon Kim (Gyeongsang Nat'l Univ.), Jae-Seung Chang (Hannam Univ.), Eun Sun Yoon (Korea Nat'l Open Univ.), In-Hwan Lee (Changwon Nat'l Univ.)</p> <div style="display: flex; justify-content: space-around;">    </div>
13:00-14:00		<div style="text-align: center;">    </div> <div style="text-align: center; margin-top: 20px;">  <b>KSEP</b>  <small>한국운동생리학회</small> </div> <div style="text-align: center; margin-top: 5px;"> <a href="http://ksep.kr">ksep.kr</a> /           <a href="#">ksep_official</a> /           <a href="#">한국운동생리학회(KSEP)</a> </div> <div style="text-align: center; margin-top: 20px;"> <p><b>Closing</b></p> <p><b>See you at 2027 KSEP Annual Meeting</b></p> </div>