

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 9th Thursday (Day 1, SONO Calm Yeosu, Grand ballroom 1, 14:00~20:00)

Round Tables (Sapphire III, 2nd 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 10th 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 5th 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 5th 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 (2nd Floor) (09:25~16:30)

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

Session 6. International Young Scholars in Clinical Exercise Physiology 36-39

Session 7. International Young Scholars in Healthy Aging 40-43

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

Session 8. International Young Scholars in Exercise Performance 44-47

Awards (Room 1: Grand ballroom 1)



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Advancing Human Performance: Bridging Science and Practice in Exercise Physiology



SONO Calm Yeosu, April 9th(Thur.) - 11th(Sat.), 2026

Day 1.

Date & Time		Room 1: SONO Calm Yeosu, Grand ballroom 1
		Moderator: Young-Min Park (Incheon Nat'l Univ.)
		Round Tables (Sapphire III, 2nd Floor) : 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.)
		Registration & Reception
		Symposium 1. Basic Science in Exercise Physiology Chair: Seungyong Lee (Incheon National Univ., Korea) & Junchul Shin (Kyungpook National Univ., Korea)
		1. Effect of Exercise on Vascular Function Via PVAT Sang Ki Lee (Chungnam Nat'l Univ., Korea)
		2. Regulatory B Cells Restrain Muscle Inflammatory Responses and Reprogram the Local Immune Environment to Enhance Exercise Capacity Jinkyung Choi (Department of Immunology, Jeonbuk Nat'l Univ., Korea)
		3. Muscle-to-Brain Crosstalk: Exercise-Induced Anti-inflammatory Effects in a Mouse Model of Alzheimer's Disease Jang Soo Yook (Pohang Univ. of Science and Technology, Korea)
9 (Thur.)		Break
		Keynote Lecture: Bridging Science and Practice in Exercise Physiology Chair: Young-Pyo Kim (Jeju Nat'l Univ., Korea) & Hyo-Yeol Moon (Seoul Nat'l Univ., Korea)
		4. Parallel Process for Cognitive Flexibility and Habitual Stability in the Primate Brain Hyoung Kim (Division of Biological Sciences, Seoul Nat'l Univ., Korea)
		Break
		Colloquium: Science and Practice in Running Chair: Bong-Seok Oh (Sunchon Nat'l Univ., Korea) & Yong Seok Jee (Hanseo Univ., Korea)
		5. Running-Induced Morphologic Changes in the Musculoskeletal System Jihong Park (Kyung Hee Univ., Korea)
		6. Research and Clinical Applications of Running Biomechanics Yongung Kwon (Chung-Ang Univ., Korea)
		Break
		Highlighted Lecture: Learning from Clinical Dietitians Chair: Hong-Sun Song (Gyeongguk Nat'l Univ., Korea) & Dong-Ho Park (Inha Univ.)
		7. A Policy Roadmap for Graduate-Level Training of Exercise Physiology Professionals Yoo Kyoung Park (Dept. of Medical Nutrition, Grad. School of East-West Medical Nutrition, Kyung Hee Univ., Korea)
		Welcome Ceremony & Banquet

Day 2.

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

Day 2.












Date & Time		Room 2. Free Communication (SONO Calm Yeosu, Grand ballroom II)
		Moderator: Jinkyung Cho (Sungkyunkwan Univ., Korea)
	08:00-08:05	Panel discussion: Impact of Exercise Physiology in Kinesiology (Room 1)
	08:05-08:40	Panel discussion (Room 1)
	08:40-08:45	Session 1. Clinical Exercise Physiology 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	Plenary lecture: Bridging Science and Practice in Exercise Physiology (Room 1)
	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	Session 2. Graduate Students and Young Investigators I 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
	12:50-13:20	Opening Ceremony (Room 1)
	13:20-13:30	Session 3. Graduate Students and Young Investigators II 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	Poster Session (Lily, Wellness Center 5F)
	15:40-15:50	Session 4. Joint Session between KISS and KSEP Chair: Saejeong 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)

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(Fri.)

Day 2.

Date & Time		Room 3: SONO Calm Yeosu, Sapphire I , 2 nd Floor	
		Moderator: Buong-O Chun (Myongji Univ., Korea) & Yuan Tan (Incheon Nat'l Univ., Korea)	
10 (Fri.)	09:00-09:25	Registration & Reception	
	09:25-09:30	Session 5. Graduate Students and Young Investigators III Chair: Dong-Il Kim (Incheon 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	Session 6. International Young Scholars in Clinical Exercise Physiology 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 SportSpecific 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>English</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	Session 7. International Young Scholars in Healthy Aging 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>English</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	Session 8. International Young Scholars in Exercise Performance 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 Shanguan (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		Fostering and Sharing an Innovative Sport Science Community
		Moderator: Kyeongho Byun (Incheon Nat'l Univ., Korea)
11 (Sat.)	10:30-13:00	<p style="text-align: center;">Fostering and Sharing an Innovative Sport Science Community</p> <p>Moderators: Seung Soo Baek (Sangmyung Univ.)</p> <p>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; align-items: center;">    </div>
13:00-14:00		<p style="text-align: center;">Closing</p> <p style="text-align: center;">See you at 2027 KSEP Annual Meeting</p> <div style="text-align: center; margin: 10px 0;">    </div> <div style="text-align: center;">  /  /  /  /  </div>