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HASIL PENILAIAN SEJAWAT SEBIDANG ATAU PEER REVIEW
KARYA ILMIAH: JURNAL ILMIAH**

Judul Artikel Ilmiah : **Neutrophil-to-lymphocyte ratio and exercise intensity are associated with cardiac troponin levels after prolonged cycling: the Indonesian North Coast and Tour de Borobudur 2017 Troponin Study.**

Nama semua penulis : Mahalul Azam, Eka Setyaningsih, Sri Ratna Rahayu, Arulita Ika Fibriana, Budhi Setianto, Nyoman Suci Widyastiti, **Suhartono**, Hardhono Susanto, Martha Irene Kartasurya, Udin Bahrudin, Thijs M.H. Eijsvogels.

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Status Jurnal:

J Nama Jurnal : **Sport Sciences For Health**

J Tahun terbit/Vol/No/halaman : 2019/Volume 15/Issue 3/ hal:585-593

J Edisi (bulan, tahun) : Desember 2019

J ISSN : P: 1824-7490, O:18251234

J DOI : [10.1007/s11332-019-00556-y](https://doi.org/10.1007/s11332-019-00556-y)

J Alamat WEB Jurnal/ Proceeding : <https://link.springer.com/content/pdf/10.1007%2Fs11332-019-00556-y.pdf>

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a	Kelengkapan unsur isi artikel	Introduction/aim of study-method-result-discussion-conclusion are well pretented and the important of study well described.
b	Ruang lingkup & kedalaman pembahasan	Highlight findings were presented and indicate with table/figure in the discussion though troughly in the discussion with scientifically.
c	Kecukupan dan kemutahiran data/informasi dan metodologi	Method was strength and all issues are describe include provide study/studies were cited mostly are reportable journal.
d	Kelengkapan unsur dan kualitas jurnal	English is understandable with complete international regarding information of issue, vol, page, year, ISSN, DOI.

Semarang, 13 April 2020

Reviewer 1



Prof. Dr. dr. Tri Indah Winarni, MSi.Med, PA.

NIP 196605101997022001

Unit kerja: Fakultas Kedokteran

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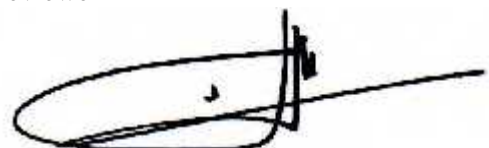
No	Komponen yang dinilai	Nilai Maksimal Artikel Junal internasional bereputasi Q4	Nilai yang didapat artikel
a	Kelengkapan unsur isi artikel (10 %)	4	3.8
b	Ruang lingkup & kedalaman pembahasan (30 %)	12	11.65
c	Kecukupan dan kemutahiran data/informasi dan metodologi (30 %)	12	11.85
d	Kelengkapan unsur dan kualitas jurnal (30%)	12	11.7
	Nilai Total	40	39
	Nilai yang didapat pengusul: 39 X 0.4 = 15.6/10=1.56		

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a	Kelengkapan unsur isi artikel	Unsur artikel telah memenuhi kaidah penulisan artikel dalam jurnal ilmiah yang dituju.
b	Ruang lingkup & kedalaman pembahasan	Pembahasan artikel sudah cukup baik dan mendalam dengan menggunakan sebanyak 32 referensi. Referensi yang digunakan untuk pembahasan yaitu sebanyak 15 Artikel. Dari seluruh artikel yang digunakan hanya 5 artikel yang kurang update (terbit melebihi 10 tahun terakhir)
c	Kecukupan dan kemutahiran data/informasi dan metodologi	Metode penelitian yang digunakan sudah sesuai dan pemaparan data penelitian jelas, informative sehingga mudah dipahami pembaca.
d	Kelengkapan unsur dan kualitas jurnal	Artikel diterbitkan oleh jurnal bereputasi dengan Q4 memiliki SJR 0,14 dan terindex scopus coverage 2017 – 2019.

Semarang, 15-4- 2020

Reviewer 2



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Source details

Sport Sciences for Health

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ISSN: 1824-7490 E-ISSN: 1825-1234

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Sport Sciences for Health

Volume 15, Issue 3, 1 December 2019, Pages 585-593

Neutrophil - to - lymphocyte ratio and exercise intensity are associated with cardiac - troponin levels after prolonged cycling : the Indonesian North Coast and Tour de Borobudur 2017 Troponin Study (Article)

Azam, M.^a ✉, Setyaningsih, E.^a, Rahayu, S.R.^a, Fibriana, A.I.^a, Setianto, B.^b, Widyastiti, N.S.^c, **Suhartono, S.^d**, Susanto, H.^c, Kartasurya, M.I.^f, Bahrudin, U.^g, Eijsvogels, T.M.H.^h 🔍

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^cDepartment of Clinical Pathology, Faculty of Medicine, Diponegoro University, Semarang, Indonesia

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Abstract

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Purpose: The mechanism of cardiac - troponin elevation after exercise remains unclear. Studies have reported that leucocyte ratios are related to coronary artery disease. The present study explored the relationship between leucocyte ratios, exercise intensity, and post- exercise cardiac - troponin I (cTnI) levels. **Methods:** Ninety-two participants in a long-distance cycling tour were included in this study. Baseline and post- exercise blood samples were collected to determine cTnI concentrations. Biochemical parameters and leucocyte ratios were measured at baseline. Exercise intensity was examined by recording the heart rate (HR). Exercise intensity was determined as the percentage of peak HR to maximal predicted HR. Based on clinical cutoff points of the cTnI assay, cTnI levels were defined as < 10 ng/mL and ≥ 10 ng/mL. **Results:** Eighty-eight participants completed the cycling tour after a median time of 7.3 h, at a median intensity of 81.8% of maximal HR. cTnI concentrations increased from 5.2 ± 9.83 ng/mL at baseline to 13.6 ± 36.12 ng/mL post- exercise, with 31.8% of the study population having cTnI ≥ 10 ng/mL. Neutrophil count, lymphocyte count, neutrophil - to - lymphocyte ratio (NLR), monocyte- to - lymphocyte ratio, recovery HR, mean and peak HR, and exercise intensity were associated with post- exercise cTnI levels in bivariate analysis. After adjustment for potential confounders, only NLR and exercise intensity were significantly related to post- exercise cTnI levels in the multivariable model. **Conclusions:** NLR and exercise intensity are significantly associated with post- exercise cTnI levels, suggesting that inflammatory factors may play a role in the magnitude of exercise -induced cTnI release beyond exercise intensity. © 2019, Springer-Verlag Italia S.r.l., part of Springer Nature.

SciVal Topic Prominence ⓘ

Topic: Exercise | Athletes | Cardiac troponin

Prominence percentile: 93.953 ⓘ

Author keywords

Cardiac stress

Lymphocyte

Neutrophil

Physical-exertion

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Review | Published: 10 July 2019

Effects of physical exercise on oxidative stress biomarkers in hypertensive animals and non-diabetic subjects with prehypertension/hypertension: a review

[E. Vicencio](#), [P. Jiménez](#), [E. Huerta](#), [C. Cofré-Bolados](#), [S.](#)[Gutiérrez](#)
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Oxidative stress (OS) is a condition that alters different functions of the organism inducing high blood pressure (HBP). Although physical exercise is recommended for the treatment of HBP, it is not clear which exercise method is more efficient to reduce OS biomarkers in subjects with HBP and non-type 2 diabetes mellitus (T2DM). Therefore, this review aimed to determine the effect of

Original Article | Published: 05 March 2019

Effects of low-load resistance training with blood flow restriction on the perceived exertion, muscular resistance and endurance in healthy young adults

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evaluated. 26 male subjects were divided into two groups: (a) low-load resistance training with blood flow restriction at 30% 1RM (one repetition maximum), and (b) high-load (HL) resistance training without blood flow restriction at 80% 1RM. The training lasted 8 weeks (three times a week) and consisted of elbow flexion and knee extensor exercises. RPE was assessed using the OMNI scale in sessions before and after training. The maximum dynamic force was evaluated using the 1RM test, and muscular endurance was assessed by the test of the number of repetitions at 60% 1RM. The RPE

Original Article | Open Access |
Published: 25 February 2019

Pre- and post-exercise nutritional practices of amateur runners in the UK: are they meeting the guidelines for optimal carbohydrate and protein intakes?

[Louise A. McLeman](#), [Katy Ratcliffe](#) & [Tom Clifford](#)

[Sport Sciences for Health](#) **15**, 511–517(2019)

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Abstract

Purpose

The aim of this study was to investigate amateur runners' knowledge and practices of sports nutrition guidelines for pre and post-event carbohydrate (CHO) and protein (PRO) intakes.

Methods

Data was collected from 100 amateur runners using an online survey. Participants provided demographic information, a dietary recall of their intake 24 ($n = 49$) and 1–4 h before and immediately after a long-distance run (≥ 60 –90 min in duration) for analysis of CHO and PRO contents ($n = 82$). They also answered questions about their knowledge of the current CHO and PRO recommendations and their primary sources of nutrition information.

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Original Article | Published: 23 April 2019

Performance-associated parameters of players from the deaf Czech Republic national soccer team: a comparison with hearing first league players

[Filip Neuls](#) , [Michal Botek](#), [Jakub Krejci](#), [Svatava Panska](#), [Jaroslav Vyhnanek](#) & [Andrew McKune](#)

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Abs

Background

Testing of performance-associated parameters is a routine requirement in high-performance sports. Limited information is available regarding the anthropometrical, physiological and biomechanical characteristics of deaf soccer players.

Objective

The primary purpose of this cross-sectional, descriptive study was to investigate possible performance-associated differences between the

Original Article | Published: 06 May 2019

The influence of environment potentiality (affordances) on motor development in 6–9 years old children with intellectual disability

[Morteza Homayounnia Firoozjah](#), [Mahmoud Sheikh](#) 

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Sport Sciences for Health **15**, 497–502 (2021)

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Abstract

Background

Affordance is the tendency to encouraged of growth changes. It involves providing critical assistances and encouraging or training learners.

Objective

The purpose of this study was to determine the effects of environmental affordances on motor development in children with intellectual disability.

Methods