

INPLASY PROTOCOL

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Corresponding author:
Marrium Bashir

gs61096@student.upm.edu.my

Author Affiliation:
Universiti Putra Malaysia.

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Conflicts of interest:
None declared.

Effects of Functional Training on Sprinting, Jumping and Functional Movement in players: A Systematic Review

Bashir, M¹; Soh, KG²; Akbar, S³.

Review question / Objective: The main objective of this review is to evaluate the effects of functional training on sprinting, jumping, and functional movement in players.

Rationale: This review study will be significant, see the training effect size and give the directions for filling the gaps in the future researcher to enhance performance in different levels of athletes in sports.

Eligibility criteria: In inclusion criteria: English language article, both gender athletes, male and female, related articles on all levels of athletes, and performance-related studies.

INPLASY registration number: This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 21 May 2022 and was last updated on 21 May 2022 (registration number INPLASY202250130).

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Condition being studied: NIL.

METHODS

Search strategy: Functional movement screen, Movement pattern, Movement screen, Functional movement skills, movements, Athletes movement skills, Functional movement performance,

INTRODUCTION

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Functional balance training, functional strength training, Functional Training, Functional training exercises, Jump performance, Jumping performance, Sprinting, Sprinting performance, Speed performance.

Participant or population: Players in all Sports.

Intervention: Functional Training.

Comparator: Jumping, Sprinting and Functional movement skills.

Study designs to be included: RCT and Non-RCT.

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Information sources: EBSCOHOST, WEB OF SCIENCE, SCIENCE DIRECT, SCOPUS, PROQUEST, GOOGLE SCHOLAR, ADDITIONAL REFERENCES.

Main outcome(s): Not yet start.

Additional outcome(s): Not yet start.

Data management: Not yet start.

Quality assessment / Risk of bias analysis: Not yet start.

Strategy of data synthesis: Not yet start.

Subgroup analysis: Not yet start.

Sensitivity analysis: Not yet start.

Language: English.

Country(ies) involved: Pakistan, Malaysia, China.

Other relevant information: NIL.

Keywords: Functional training; Sprinting; FMS; Athletes performance.

Contributions of each author:

Author 1 - Marrium Bashir - Equally contribution in review.

Email: gs61096@student.upm.edu.my

Author 2 - Soh Kim Geok - Equally contribution in review.

Email: kims@upm.edu.my

Author 3 - Saddam Akbar - Equally contribution in review.

Email: gs61103@student.upm.edu.my