INPLASY PROTOCOL

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None declared.

Indicators of Excellence in High Performance Goalball – a Systematic Review

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Review question / Objective: identify and understand the requirements considered essential for sporting excellence in the collective modality of Goalball, at the elite level.

Condition being studied: The analysis of the profile of the champions in each modality shows us typologies in which common (essential) and differentiated characteristics coexist, thus not seeming to have an ideal type of sportsmen for each sport, but several ideal types. In this context, Goalball stands out, a Paralympic collective sport exclusively for visually impaired athletes. Being a sport little studied, but the most popular among people with visual impairment, it becomes crucial to understand the bases of excellence in the sport.

INTRODUCTION

Review question / Objective: identify and understand the requirements considered essential for sporting excellence in the collective modality of Goalball, at the elite level.

Rationale: In elite Goalball, the identification of indicators of access to excellence can be central to sporting success. However, no study was found that presents definitive solutions that indicate the respective contributions that each of these variables can present in order to obtain success in the talent prospecting model.

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METHODS

Search strategy: For research in the sphere of this review study, the following databases were used: Google Scholar, Scielo, Web of Science, Scopus (Elsevier), PubMed, and ResearchGate. A search was also carried out using the integrated search system available in the library system of the Universidade Lusófona (SPORTDiscus), following the PRISMA methodology, using previously selected terms that guided the research object. Based on the articles found, other significant references were included. The research was only carried out in articles from Scientific and Academic Journals and with keywords. As main search strategies the terms were used: talent, sports excellence, theoretical model, success, high performance.

Participant or population: 23 articles were included.

Intervention: All articles found were exported to CADIMA software, a tool developed to increase the efficiency of the evidence synthesis process and facilitate the reporting of all activities, in order to maximize methodological rigor. Potentially relevant studies were chosen by analyzing the titles and respective abstracts. After this initial screening, the studies of interest were analyzed through full document analysis. A total of 171 articles were obtained. 148 duplicate articles, comments, literature reviews or non-compliance with the inclusion criteria were excluded. The remaining studies were read in full, selecting those that constituted the final sample.

Comparator: n/a.

Study designs to be included: n/a.

Eligibility criteria: The present systematic review of the literature includes all published scientific articles, peer reviewed, related to indicators of access to sporting excellence, talent and success factors specifically in Goalball. Articles in Portuguese, English and Spanish were examined, as they are the author's domain languages, avoiding interpretation bias of the analyzed information.

Information sources: For research in the sphere of this review study, the following databases were used: Google Scholar, Scielo, Web of Science, Scopus (Elsevier), PubMed, and ResearchGate. A search was also carried out using the integrated search system available in the Lusófona University library system (SPORTDiscus), using previously selected terms that guided the research object. Based on the articles found, other significant references were included. The research was only carried out on articles from Scientific and Academic Journals.

Main outcome(s): The results obtained in this brief systematic review of the literature allowed the understanding of the existence of several profiles of athletes, with differences also existing in relation to their position in the athlete's field. However, more studies are needed in this area, as well as knowledge of the set of skills and specific physical aptitudes in this sport and how they can predict the best athletes. Studies are needed that point to an integrated view of the different areas and competences of the athlete, as well as that point out the diversity of factors that influence/predict the success of athletes, and that this should be considered in maximal models of detection/development of talents, but also to guide the training process in a more specific and structured way, which does not seem to differ in the Paralympic modality of Goalball.

Data management: All articles found were exported to CADIMA software, a tool

developed to increase the efficiency of the evidence synthesis process and facilitate the reporting of all activities, in order to maximize methodological rigor. Mendlay was used to manage bibliographic references.

Quality assessment / Risk of bias analysis: The studies were evaluated by two independent evaluators with academic experience in the study area, using critical review questionnaires for quantitative and experimental studies.

Strategy of data synthesis: The reading of the articles and respective data extraction was carried out by a single researcher. The information collected leads to the general characteristics of the articles (authorship/ date, type of study, objective, sample, instruments, main results and conclusions).

Subgroup analysis: Not performed.

Sensitivity analysis: Article reviewed by professionals in the field of study.

Language restriction: Portuguese, Spanish and English.

Country(ies) involved: Portugal.

Keywords: talent, sports excellence, theoretical model, success, high performance.

Contributions of each author:
Author 1 - Márcia Ferreira - Author 1 drafted the all manuscript.
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