

INPLASY

Comparison of different strength training methods on the performance of badminton players : A Systematic Review with Meta Analysis

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Corresponding author:

Shuzhen Ma

msz20210607@126.com

Author Affiliation:

Universiti Putra Malaysia.

Ma, SZ¹; Soh, KG²; Japar, SB³.

ADMINISTRATIVE INFORMATION

Support - No.

Review Stage at time of this submission - The review has not yet started.

Conflicts of interest - None declared.

INPLASY registration number: INPLASY2023120033

Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 08 December 2023 and was last updated on 08 December 2023.

INTRODUCTION

Review question / Objective Comparison of different strength training methods on the performance of badminton players.

Condition being studied Have all the necessary conditions.

METHODS

Participant or population Badminton players.

Intervention Strength training.

Comparator Different strength training.

Study designs to be included Randomized controlled trial.

Eligibility criteria Criteria were used PICOS, including population, intervention, comparison, outcome and study designs (see Table1). This study mainly focuses on the impact of core strength training on the performance of young badminton players. If the literature meets the following criteria, it will be included in the study.1) Literature can be searched in full text.2) Conduct core strength training experiment for more than 4 weeks.3) CST intervention to an active control group.4) including a complete strength training method. 5) randomized control designs.

Information sources SCOUPS, Pubmed, CNKI, Web of science, and EBCO host.

Main outcome(s) physical fitness and skills performance.

Quality assessment / Risk of bias analysis Yes, haven't started yet.

Strategy of data synthesis Yes, haven't started yet.

Subgroup analysis Yes, haven't started yet.

Sensitivity analysis Yes, haven't started yet.

Language restriction English and Chinese.

Country(ies) involved China.

Keywords Strength Training, Badminton Player, Performance.

Contributions of each author

Author 1 - Shuzhen Ma.

Email: msz20210607@126.com

Author 2 - Kim Geok Soh.

Author 3 - Salimah Binti Japar.