

INPLASY

Comparison of different strength training methods on Vertical Jump Performance on athletes: A Systematic Review with Meta Analysis

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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: INPLASY202410012

Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 04 January 2024 and was last updated on 04 January 2024.

INTRODUCTION

Review question / Objective Comparison of different strength training methods on Vertical Jump Performance on athletes.

Condition being studied No.

METHODS

Participant or population Athletes.

Intervention Different strength training methods.

Comparator Two or more groups.

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 core strength training method. 5) randomized control designs.

Information sources PubMed, ERIC, Google Scholar, Web of science, EBCO host, SCIndex and SCOUPS.

Main outcome(s) Vertical Jump Performance.

Quality assessment / Risk of bias analysis
Hasn't yet begun.

Strategy of data synthesis Meta.

Subgroup analysis Yes, hasn't yet begun.

Sensitivity analysis Yes, hasn't yet begun.

Language restriction English and Chinese.

Country(ies) involved China.

Keywords Strength Training, Vertical Jump Performance, athletes performance.

Contributions of each author

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