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Does Listening to Music During Warm-up Impact Subsequent physical and skill Performance? A Systematic Review and Meta-analysis

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ADMINISTRATIVE INFORMATION

Support - No financial support.

Review Stage at time of this submission - Data analysis.

Conflicts of interest - None declared.

INPLASY registration number: INPLASY202450062

Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 13 May 2024 and was last updated on 13 May 2024.

INTRODUCTION

Review question / Objective Does Listening to Music During Warm-up Impact Subsequent physical and skill Performance?

Condition being studied Warm-up exercises have been suggested to play a crucial role in enhancing athletic performance. Listening to music benefits individuals in physical, psychological, and psychobiological aspects. A systematic review is lacking on the synthesis effect of comparing combined listening to music with warm-up and solely warm-up on subsequent physical and skill performance.warm-up exercises have been suggested to the crucial role in enhancing the athletic performance. listening to music beneifits to individual physical; psychological and psychobiological aspects. a systematic review is lacking on the synthesis effect of comparing combined listening to music with warm-up and solely warm-up on subsequent physical and skill performance.

METHODS

Participant or population No restriction on participants except for excluded illness and dieases patients.

Intervention We focus solely on the listening to music intervention during the warm-up period. Any other form of music combination will not be included, but there are no restrictions on music genre selection, tempo, and intensity.

Comparator Warm-up without music condition.

Study designs to be included RCTs; cRCTs.

Eligibility criteria Solely listening to music, any music combined with other forms of intervention will be excluded. Additionally, the music listened to should be original; any other secondary processed music, such as binaural beats, will not be included.

Information sources Web of Science; PubMed; Scoups; SPORTDiscus.

Main outcome(s) Physical performance; skill performance.

Quality assessment / Risk of bias analysis RoB2 (Version 2 of the Cochrane risk-of-bias for randomized trails).

Strategy of data synthesis All data about listening to music during warm-up period and subsequent physical and skill performance will be synthesized.

Subgroup analysis When sufficient studies are available, music genre, music tempo, music intensity, physical performance, and skill performance will be analyzed.when sufficient sudies are available, music genre; music tempo; music intensity. physical performance; skill performance will be analysised.

Sensitivity analysis When sufficient studies are available, sensitivity analusis will be applied to assess the robustness of the meta-analysis based on the methdological quality, sample size and missing data.

Country(ies) involved China; Malaysia.

Keywords music, warm-up, physical, skill, performance.

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