INPLASY

Effects of Core Training on Physical Performance of Team Athletes: A Systematic Review and Meta-Analysis

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ADMINISTRATIVE INFORMATION

INTRODUCTION

Review question / Objective To determine the effects of core training on the physical performance of team athletes.

Condition being studied Effects of core training on the physical performance of team athletes.

METHODS

Participant or population Male and/or female team athletes of all ages and at any level (recreational, semiprofessional, professional.

Intervention Core training.

Comparator Core training group vs. no core training group, as well as comparisons between different core training groups.

Study designs to be included Randomized controlled trials, non-randomized controlled trials.

Eligibility criteria The study will adhere to PRISMA (Preferred Reporting Items for Systematics Reviews and Meta-Analysis) guidelines.

Information sources PubMed, Web of Science (all databases), Scopus, and Sportdiscus.

Main outcome(s) Core training's impact on various physical performance outcomes in players (Agility, speed, change of direction, power, vertical jump.

Quality assessment / Risk of bias analysis Quality Assessment of Controlled Intervention Studies.

Strategy of data synthesis The web-based statistical software Review Manager (RevMan) version 5 (The Cochrane Collaboration) will be used for the statistical analysis in this study.

Subgroup analysis Age, Sex, Level.

Sensitivity analysis Funnel Plot.
Country(ies) involved Chile, Portugal.

Keywords Core, Strength training, Team athletes, Performance.

Contributions of each author
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