



KIN 4400 Independent Research Study in Kinesiology | PRISMA 2020 Checklist

Section and Topic	Item #	Checklist item	Location where item is reported
TITLE			
Title	1	Identify the report as a literature review.	Title
ABSTRACT			
Abstract	2	Provide a structured summary including, as applicable: background; Included objectives; Included data sources; Not included study eligibility criteria, Not included participants, N/A and interventions N/A ; study appraisal and synthesis methods included ; results included ; limitations not included ; conclusions included and implications of key findings. included	See listing in bold to the left of included or not
INTRODUCTION			
Rationale	3	Describe the rationale for the review in the context of existing knowledge, i.e., what is already known about your topic.	Introduction paragraph 2
Objectives	4	Provide an explicit statement of the objective(s) or question(s) the review addresses with reference to participants, interventions, comparisons, outcomes, and study design (PICOS).	Introduction paragraph 2; methods paragraph 1
METHODS			
Eligibility criteria	5	Specify the inclusion and exclusion criteria for the review and how studies were grouped for the syntheses with study characteristics (e.g., PICOS, length of follow-up) and report characteristics (e.g., years considered, language, publication status) used as criteria for eligibility, giving rationale.	Table S1, methods paragraph 1
Information sources	6	Specify all databases, registers, websites, organisations, reference lists and other sources searched or consulted to identify studies. Specify the date when each source was last searched or consulted.	Methods paragraph 2
Search strategy	7	Present the full search strategies for all databases, registers and websites, including any filters and limits used.	Table S1, methods paragraph 1- 3
Selection process	8	State the process for selecting studies (i.e., screening, eligibility). Specify the methods used to decide whether a study met the inclusion criteria of the review, including how many reviewers screened each record and each report retrieved, whether they worked independently, and if applicable, details of automation tools used in the process.	Methods, paragraph 2-3
Study risk of bias assessment	11	Specify the methods used to assess risk of bias in the included studies, including details of the tool(s) used, how many reviewers assessed each study and whether they worked independently, and if applicable, details of automation tools used in the process.	Not included
RESULTS			
Study selection	16a	Describe the results of the search and selection process, from the number of records identified in the search to the number of studies included in the review, ideally using a flow diagram.	Figure 1, Results paragraph 1-2

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Adapted From: Page MJ, McKenzie JE, Bossuyt PM, Boutron I, Hoffmann TC, Mulrow CD, et al. The PRISMA 2020 statement: an updated guideline for reporting systematic reviews. BMJ 2021;372:n71. doi: 10.1136/bmj.n71 *Adapted From:* Page MJ, McKenzie JE, Bossuyt PM, Boutron I, Hoffmann TC, Mulrow CD, et al. The PRISMA 2020 statement: an updated guideline for reporting systematic reviews. BMJ 2021;372:n71. doi: 10.1136/bmj.n71

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	16b	Cite studies that might appear to meet the inclusion criteria, but which were excluded, and explain why they were excluded.	Table S2
Study characteristics	17	Cite each included study and present its characteristics (e.g., study size, PICOS, follow-up period).	Table S3
Risk of bias in studies	18	Present assessments of risk of bias for each included study.	Figure 2
Results of individual studies	19	For all outcomes, present, for each study: (a) summary statistics for each group (where appropriate) and (b) an effect estimate and its precision (e.g. confidence/credible interval), ideally using structured tables or plots.	Figure 5
DISCUSSION			
Discussion	23a	Provide a general interpretation of the results in the context of other evidence.	Discussion, paragraph 1-5
	23b	Discuss any limitations of the evidence included in the review.	Discussion, paragraph 6
	23c	Discuss any limitations of the review processes used.	Discussion, paragraph 6
	23d	Discuss implications of the results for practice, policy, and future research.	Discussion, paragraph 1-5
OTHER INFORMATION			
Registration and protocol	24a	Provide registration information for the review, including register name and registration number, or state that the review was not registered.	Not included
	24b	Indicate where the review protocol can be accessed, or state that a protocol was not prepared.	Not included
	24c	Describe and explain any amendments to information provided at registration or in the protocol.	Not included
Support	25	Describe sources of financial or non-financial support for the review, and the role of the funders or sponsors in the review.	Acknowledgements
Competing interests	26	Declare any competing interests of review authors.	Conflict of Interest Statement
Availability of data, code, and other materials	27	Report which of the following are publicly available and where they can be found: template data collection forms; data extracted from included studies; data used for all analyses; analytic code; any other materials used in the review.	Data Availability, Appendix S3

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