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International Journal of Strength and Conditioning
https://doi.org/10.47206/ijsc.v3i1.243

APPENDIX 3

Study	(0) Clearly no / (1) Maybe or inadequate information / (2) Clearly yes															Total
	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10	Q11	Q12	Q13	Q14	Q15	
Mackenzie et al., 2010	2	0	1	2	0	2	1	2	0	0	0	2	2	2	2	18
Maeo et al., 2013	2	0	2	2	1	2	2	2	0	0	0	2	2	2	1	20
Driss et al., 2014	1	0	2	2	1	2	2	2	0	0	0	1	2	2	2	19
Maeo et al., 2014	2	0	2	2	1	2	2	2	0	0	0	2	2	2	1	20
Counts et al., 2016	2	2	2	2	1	2	2	2	0	0	0	1	2	2	1	21
Zbidi et al., 2016	2	0	1	1	0	2	2	2	0	0	0	2	2	2	2	18
Zbidi et al., 2017	1	0	2	1	1	2	2	2	0	0	0	1	2	2	1	17

Q1: Is the hypothesis/aim/objective of the study clearly described?
Q2: Power analysis was performed and justification of study sample size given.
Q3: Participant's demographics were clearly defined: gender, age, body height and body mass at the time of the test.
Q4: Participant's characteristics were clearly defined: sport, experience or activity level and level of play at the time of test.
Q5: Inclusion and exclusion criteria were clearly stated for participants.
Q6: Are the interventions of interest clearly described?
Q7: Proper training and practice trials of the test were given to the athletes allowing for adequate familiarization.
Q8: Methods were described in great detail to allow replication of the test. Testing devices, no. of trials, no. and duration of rest, speed, angle, height and test limb were included when applicable.
Q9: Was an attempt made to blind those measuring the main outcomes of the intervention?
Q10: Test-retest reliability of measurement device reported.
Q11: Have the characteristics of patients lost to follow-up been described?
Q12: Was compliance with the interventions monitored?
Q13: Outcome variables were clearly defined.
Q14: Statistical analyses were appropriate.
Q15: Does the study provide estimates of the random variability in the data for the main outcomes? Ex. Presenting and defining the dispersion measurements (SD or SEM and Confidence Intervals).