

# A Randomized Crossover Study on Diverse Training Methods to Enhance University Athletes' Performance and Health

NCT06546605

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Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Macau
Enrollment	120 participants

## Key Eligibility Criteria

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### Inclusion (5)

- Team Membership: Participants must be officially registered members of the Macau universities' 's men's and women's basketball or volleyball teams.
- Age Range: Participants must be aged between 18 and 30 years.
- Health Status: Participants should be in good health, free from any chronic diseases, serious health conditions, or contraindications that could impair their athletic performance, preclude their safe participation in the study, or present undue risks when exposed to WB-EMS. Participants must provide informed consent and be willing to undergo WB-EMS training after being fully apprised of the potential risks and benefits.
- Commitment: Participants must be able to engage fully in the intervention period and all associated assessments.
- Experience: Participants are required to have a minimum of three to four years of competitive basketball or volleyball experience.

### Exclusion (5)

- Unable to provide informed consent.
- Unwillingness to be allocated to one of the four groups.
- Have suffered a lower extremity injury or required surgery within the past 6 months.
- Have undergone electrical stimulation training for the previous six months.
- Have been diagnosed with a cardiovascular or neurological disease or abnormality.

## Locations (2 total)

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UM Sports Complex (N8) , Avenida da Universidade Taipa, Macau, China, Macao, Macau  
University of Macau, Taipa, Macau