

Effects of Aerobic and Diaphragmatic Exercises on Choir Singers

NCT06745869

Status	RECRUITING
Phase	Not Applicable
Sponsor	Medipol University
Enrollment	42 participants

Key Eligibility Criteria

Inclusion (4)

- Being a chorist in an active choir that rehearses at least once a week for an average of 2 hours
- Having an inactive or minimally active physical activity level according to the International Physical Activity Questionnaire-Short Form
- Being between the ages of 25-60
- Being willing to participate in the study

Exclusion (2)

- Having a neurological or orthopedic disease
- Having a condition related to the cardiopulmonary system that would prevent exercise according to the Physical Activity Readiness Questionnaire (PAR-Q)

Locations (1 total)

Choric Culture Association, Istanbul, Turkey (Türkiye)