

Exercise Fatigue Prediction in Healthy Individuals

NCT07066462

Status	RECRUITING
Phase	Not Applicable
Sponsor	National Taipei University
Enrollment	30 participants

Key Eligibility Criteria

Inclusion (4)

- Individuals between 18 and 30 years old
- Healthy college students who regularly exercise
- Participants who meet the World Health Organization (WHO) guidelines for physical activity: at least 150-300 minutes of aerobic activity per week or muscle-strengthening exercises for major muscle groups on 2 or more days per week
- Participants who provide written informed consent

Exclusion (4)

- Individuals younger than 18 or older than 30
- History of any metabolic, systemic, or musculoskeletal disorder
- Recent injury or surgery
- Failure to pass the pre-exercise fitness screening questionnaire (PAR-Q)

Locations (1 total)

National Taipei University, Master Program in Smart Healthcare Management, New Taipei City, Taiwan