

Effects of Rope Skipping in Cardiopulmonary Fitness in Children

NCT07249671

Status	RECRUITING
Phase	Not Applicable
Sponsor	Riphah International University
Enrollment	178 participants

Key Eligibility Criteria

Inclusion (4)

- School going children age 6 to 12 years
- Children with no pre existing regular rope skipping training
- No student athletes
- Children with no physical and psychological disabilities

Exclusion (4)

- Children with pre existing injuries
- Children with chronic medical conditions
- Children with cardiovascular issues
- Children with disability

Locations (1 total)

Allied school, Chak Four Hundred Fifty-four, Punjab Province, Pakistan