

Comparing the Effects of Smart App-Assisted Super-Slow Jogging and Stationary Cycling on Respiratory Function and Aerobic Fitness in College Students

NCT07309263

Status	RECRUITING
Phase	Not Applicable
Sponsor	Fooyin University
Enrollment	60 participants

Key Eligibility Criteria

Inclusion (2)

- required no regular exercise training in the past six months
- ability to safely perform high-intensity cycling exercise

Exclusion (6)

- musculoskeletal limitations that prevented cycling exercise
- recent infection
- known cardiopulmonary disease or medical history affecting cardiovascular or respiratory function
- smoking
- use of medications that may influence cardiopulmonary responses to exercise
- ... and 1 more (see full listing online)

Locations (1 total)

No. 151, Jinxue Rd., Kaohsiung City, Daliao, Taiwan