

Impact of Mindfulness on Athletic Performance and Functional Movement in Collegiate Athletes

NCT07342816

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Macau
Enrollment	126 participants

Key Eligibility Criteria

Inclusion (11)

- Participants must be active university basketball athletes enrolled at the University of Macau, City University of Macau, or Macau University of Science and Technology .
- Participants must be 18 years of age or older.
- Participants must not have a current musculoskeletal injury or chronic condition that prevents participation in high-intensity physical assessments
- Participants must not have significant prior experience with formal mindfulness or meditation practice.
- Participants must not have received prior systematic Psychological Skills Training (PST) courses.

... and 6 more (see full listing online)

Locations (2 total)

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