

Relationship Between Modality-specific Dual-task Performance and Immersive Exergaming Outcomes in Healthy Athletes

NCT07461025

Status	RECRUITING
Phase	Not Applicable
Sponsor	Zurich University of Applied Sciences
Enrollment	60 participants

Key Eligibility Criteria

Inclusion (5)

- age between 18 and 34 years
- self-reported recreationally or competitively active (more than 2 hours per week)
- self-reported ability to complete change of direction, balancing, and jumping tasks
- capacity to sign informed consent
- ability to understand German

Exclusion (3)

- acute injury in the last 6 months resulting in missing more than 3 training sessions
- severe comorbidity or condition which would prohibit performance of the listed testing tasks
- self-reported pregnancy

Locations (1 total)

ZHAW Zurich University of Applied Sciences, Winterthur, Canton of Zurich, Switzerland