Systematic Review Checklist

Listed are the 6 main sections that must be included in your Systematic Scientific Review for Exercise Prescription. Each bold section contains a list of the subheading and/or important information that should be included in that section.

Title

Specify special population

State that it is a Systematic Review

Abstract (Three subheadings to include in your abstract)

**Background**
- Introduce special population
- State the reasons it is important

**Method**
- List systematic searches
- State quality assessment and/or Criteria scale used

**Overview**
- Introduce FITT recommendations
- Include special considerations in exercise prescription

Introduction

List databases used

Discuss search terms

Discuss the criterion for picking articles (age, relevance, scientific rigor etc.)

Content (Six subheadings to include in the body of your review)

1. *Disease/condition’s pathophysiology*
   - prevalence
   - etiology
   - signs and symptoms
   - treatments

2. *Benefits of habitual physical activity*

3. *Appropriate exercise testing procedures*

4. *Unique considerations in exercise testing and prescription*
5. **FITT Recommendations**
   - Frequency
   - Intensity
   - Time
   - Type

6. **Special considerations in exercise prescription**

**Conclusion**

Draw a conclusion about the reviewed material

**References**

- In-text citation
- References list