

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