



School-based high-intensity interval training (HIIT) programs for promoting physical activity and fitness in children and adolescents: a systematic review

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HIIT is a powerful stimulus in improving body composition and cardiometabolic risk in adults, and preliminary data in adolescents are also promising. HIIT is presented as a time-efficient alternative.

Objectives: evaluate the utility of a HIIT program integrated in Physical Education (PE) classes on Physical Condition, PA and Motivation.

Sources: Search through PubMed, MEDLINE, SPORTDiscus, CINAHL, MEDICLATINA, COCHRANE and Web of Science, was carried out

Invited Lecturer in the areas of Exercise and Health. More than 10 years of professional experience in the Sport area, developing commitment in the field through impactful projects in the community,



(i) adolescents aged 10-19 years (ii) HIIT program applied in school (iii) outcomes on physical condition, PA and motivation (iv) intervention at least 4 weeks (v) RCT.

Results: of the 5872 studies found a total of 14

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