Benefits of physical exercise intervention on fitness of individuals with Down syndrome: a systematic review of randomized-controlled trials

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Record Status
This is a systematic review that meets the criteria for inclusion on DARE.

Bibliographic details

PubMedID
23778328

DOI
10.1097/MRR.0b013e3283634e9c

Indexing Status
Subject indexing assigned by NLM

MeSH
Body Composition /physiology; Cardiovascular Physiological Phenomena; Down Syndrome /physiopathology; Exercise /physiology; Humans; Muscle Strength /physiology; Oxygen Consumption /physiology; Physical Endurance /physiology; Physical Fitness /physiology; Postural Balance /physiology; Randomized Controlled Trials as Topic

AccessionNumber
12013034547

Date bibliographic record published
14/08/2013