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<AT>The countermovement jump to monitor neuromuscular status: a meta-analysis
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<ABS-HEAD>Abstract

<ABS-P><ST>Objectives</ST> The primary objective of this meta-analysis was to compare
countermovement jump (CMJ) performance in studies that reported the highest value as
opposed to average value for the purposes of monitoring neuromuscular status (i.e. fatigue
and supercompensation). The secondary aim was to determine the sensitivity of the dependent
variables.

<ABS-P><ST>Methods</ST> The meta-analysis was conducted on the highest or average of
a number of CMJ variables. Multiple literature searches were undertaken in Pubmed, Scopus,
and Web of Science to identify articles utilizing CMJ to monitor training status. Effect sizes
(ES) with 95% confidence interval (95% CI) were calculated using the mean and standard
deviation of the pre- and post-testing data. The coefficient of variation (CV) with 95% CI was
also calculated to assess the level of instability of each variable. Heterogeneity was assessed
using a random-effects model.

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