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A school-based rope skipping program for adolescents: Results of a randomized trial

Amy S. Ha, Chris Lonsdale, Johan Y.Y. Ng, David R. Lubans

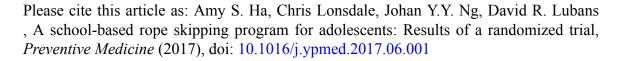
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RUNNING HEAD: ROPE-SKIPPING FOR ADOLESCENTS

A school-based rope skipping program for adolescents: Results of a randomized trial

Ha, Amy S^a, Lonsdale, Chris^b, Ng, Johan Y Y^a, & Lubans, David R^c

^a The Chinese University of Hong Kong

Postal address: Kwok Sports Building, Department of Sports Science and Physical Education,

The Chinese University of Hong Kong, Shatin, Hong Kong

^b Australian Catholic University

Postal address: Locked Bag 2002, Strathfield NSW 2135, Australia

^c The University of Newcastle

Postal address: University Drive, Callaghan, NSW 2308, Australia

Corresponding author: Ha, Amy S

Address: Kwok Sports Building, Department of Sports Science and Physical Education, The

Chinese University of Hong Kong, Shatin, Hong Kong

Telephone: +852 39436083

Email: sauchingha@cuhk.edu.hk

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