Name:

For each study, write 'Yes' or 'No' in the column of your choice

	Your Decision (Choose One)		Correct Answer
	Yes/Maybe	No	(I will tell you the correct answer after we go through all 10 studies)
Study #1	WAR	V (4)	Correct
Study #2	√		Correct
Study #3	/		Correct
Study #4	✓		Correct
Study #5		√ (1)	correct
Study #6		V(2)	Correct
Study #7		√(2)	Correct
Study #8		√ (4)	Correct
Study #9	✓		Correct
Study #10		y (4)	correct
# Correct Out of 10:			O out of 10 correct

	It was not a randomized, controlled trial?
2	The subjects were not metabolically healthy adults aged 19 or older (they had some disease or condition not including overweight/obesity)?
3	There was no concurrent training condition?
4	and There was no resistance training only or aerobic training only condition?
5	Body fat, body fat %, or bodyweight was not assessed?

Name:

For each study, write 'Yes' or 'No' in the column of your choice

	Your Decisión	(Choose One)	Correct Answer
	Yes/Maybe	No	(I will tell you the correct answer after we go through all 10 studies)
Study #1		NO 4	correct
Study #2	Mattermaybe		Correct
Study #3	jes		Correct
Study #4	maybe		Correct
Study #5		104	Correct
Study #6		No/2	correct
Study #7		No/ 2	Correct
Study #8		No	Correct
Study #9	maybe		Correct
Study #10		No	Correct
# Correct Out of 10:			∫ Ø out of 10 correct

- _____ It was not a randomized, controlled trial?
- The subjects were not metabolically healthy adults aged 19 or older (they had some disease or condition not including overweight/obesity)?
- There was no concurrent training condition?
- There was no resistance training only 🏘 aerobic training only condition?
- Body fat, body fat %, or bodyweight was not assessed?

Name:

For each study, write 'Yes' or 'No' in the column of your choice

	Your Decision	(Choose One)	Correct Answer
	Yes/Maybe	No	(I will tell you the correct answer after we go through all 10 studies)
Study #1		n0 (4)	correct
Study #2	yes		correct
Study #3	ves		correct
Study #4	yes		correct
Study #5		70(1)	correct
Study #6		no (2)	correct
Study #7		no(2)	correct
Study #8		no (4)	COTICCT
Study #9	162		COITECT
Study #10		70 (3,4)	correct
# Correct Out of 10:			10 out of 10 correct

- It was not a randomized, controlled trial? 4 weeks
- The subjects were not metabolically healthy adults aged 19 or older (they had some disease or condition not including overweight/obesity)?
- There was no concurrent training condition?
- There was no resistance training only and aerobic training only condition?

Name

For each study, write 'Yes' or 'No' in the column of your choice

	Your Decision	n (Choose On	e) Correct Answer
	Yes/Maybe	No	(I will tell you the correct answer after we go through all 10 studies)
Study #1		4	correct
Study #2	4		correct
Study #3	Y		correct
Study #4	Y		correct
Study #5		1	correct
Study #6		2	correct
Study #7		2	correct
Study #8	@	4	correct
Study #9	Υ		correct
Study #10		4	correct
# Correct Out of 10:			out of 10 correct

	It was not a randomized, controlled trial?
2	The subjects were not metabolically healthy adults aged 19 or older (they had some disease or condition not including overweight/obesity)?
3	There was no concurrent training condition?
4	There was no resistance training only on aerobic training only condition?
5	Body fat, body fat %, or bodyweight was not assessed?

Name:

For each study, write 'Yes' or 'No' in the column of your choice

	Your Décision	(Choose One)	Correct Answer
	Yes/Maybe	No	(I will tell you the correct answer after we go through all 10 studies)
Study #1		NO(4)	Correct
Study #2	Tes		Correct
Study #3	725		Correct
Study #4	Yes		Correct
Study #5		NOCI	Correct
Study #6		NO(2)	Correct
Study #7		NO(2)	Correct
Study #8		ND(4)	Correct
Study #9	Tes		Correct
Study #10		NO(34)	(orrect
# Correct Out of 10:			O out of 10 correct

 It was not a randomized, controlled trial? (No renw)
 The subjects were not metabolically healthy adults aged 19 or older (they had some disease or condition not including overweight/obesity)?
There was no concurrent training condition? ('anoup) 4 we
 There was no resistance training only or aerobic training only condition?
Body fat, body fat %, or bodyweight was not assessed?

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V	а	111	C	

For each study, write 'Yes' or 'No' in the column of your choice

	Your Decision	(Choose One)	Correct Answer
	Yes/Maybe	No	(I will tell you the correct answer after we go through all 10 studies)
Study #1		No	Correcta
Study #2	YES		Correct
Study #3	YES		Correlt
Study #4	YES	Azo	corre H
Study #5		No	Correct
Study #6		No	correct
Study #7		No	correct
Study #8		No	Cornet
Study #9	YES		Corre Ct
Study #10		No	Correlt
# Correct Out of 10:			/O_ out of 10 correct

-	It was not a randomized, controlled trial?
	The subjects were not metabolically healthy adults aged 19 or older (they had some disease or condition not including overweight/obesity)?
	There was no concurrent training condition?
	There was no resistance training only/or aerobic training only condition?
	Body fat, body fat %, or bodyweight was not assessed?

Name:

For each study, write 'Yes' or 'No' in the column of your choice

	Your Decision	(Choose One)	Correct Answer
	Yes/Maybe	No	(I will tell you the correct answer after we go through all 10 studies)
Study #1		4	COLNECT
Study #2	\vee		CORRECT
Study #3	\checkmark		CORRECT
Study #4	\checkmark		CORRECT
Study #5			CORRECT
Study #6		2	CORRECT
Study #7	TOWN	2	CORRECT
Study #8	May	AND 4	COKRECT
Study #9	V		CORRECT
Study #10	PAGE	1/4	COKKECT
# Correct Out of 10:			_ <i>lO</i> _ out of 10 correct

If you answered 'No' to not including a study for a Level 2 Screening, was it because.....

2	The subjects were not metabolically healthy adults aged 19 or older (they had some disease or condition not including overweight/obesity)?
3	There was no concurrent training condition?

 $\underline{\mathcal{U}}$ There was no resistance training only or aerobic training only condition?

S Body fat, body fat %, or bodyweight was not assessed?

yes if not stated

It was not a randomized, controlled trial?

Name:

For each study, write 'Yes' or 'No' in the column of your choice

	Your Decision	(Choose One)	Correct Answer
	Yes/Maybe	No	(I will tell you the correct answer after we go through all 10 studies)
Study #1		45	Correct.
Study #2	/		
Study #3	/		Correct-
Study #4			Cossect.
Study #5		V 15 4	Correct
Study #6		12	Collect
Study #7		12	calect.
Study #8	V		No endurance un
Study #9			Correct
Study #10		V 5	Correct
# Correct Out of 10:			out of 10 correct

	It was not a randomized, controlled trial?
_2	The subjects were not metabolically healthy adults aged 19 or older (they had some disease or condition not including overweight/obesity)?
<u> </u>	There was no concurrent training condition?
5	There was no resistance training only of aerobic training only condition?
(_	Body fat, body fat %, or bodyweight was not assessed?

Name

For each study, write 'Yes' or 'No' in the column of your choice

	Your Decision	(Choose One)	Correct Answer
	Yes/Maybe	No	(I will tell you the correct answer after we go through all 10 studies)
Study #1		1)0 #4	Correct
Study #2	Yes		Correct
Study #3	Yes		Correct
Study #4	Yes		Excect
Study #5	,	No#1	Carect
Study #6		No#2	Correct
Study #7		No#2	Correct
Study #8		No#4	Correct
Study #9	45		Correct
Study #10		No #4	Correct
# Correct Out of 10:			out of 10 correct

	It was not a randomized, controlled trial?
	The subjects were not metabolically healthy adults aged 19 or older (they had some disease or condition not including overweight/obesity)?
	There was no concurrent training condition?
	There was no resistance training only of aerobic training only condition?
	Body fat hody fat %, or bodyweight was not assessed?

N	7	n	1	0	•	
IV	a	11		ᆮ		

For each study, write 'Yes' or 'No' in the column of your choice

	Your Decision (Choose One) E Correct Answer
	Yes/Maybe	No	(I will tell you the correct answer after we go through all 10 studies)
Study #1		$\sqrt{}$	correct
Study #2	\checkmark		(orrect
Study #3	./		Correct
Study #4	2/		Correct
Study #5		J!	Correct
Study #6			correct
Study #7		J.	Correct
Study #8		\checkmark	Correct
Study #9	J		COYYTCT
Study #10		J	Correct
# Correct Out of 10:			

)	It was not a randomized, controlled trial?
10	<u>٦,</u>	The subjects were not metabolically healthy adults aged 19 or older (they had some disease or condition not including overweight/obesity)?
-		There was no concurrent training condition?
140	8	There was no resistance training only or aerobic training only condition?
		Body fat, body fat %, or bodyweight was not assessed?

Name: 1

For each study, write 'Yes' or 'No' in the column of your choice

	Your Decision	(Choose One)	Correct Answer
	Yes/Maybe	No	(I will tell you the correct answer after we go through all 10 studies)
Study #1	Ø.	14.5	Correct
Study #2			Carrest
Study #3	<i>J</i> ,		Carreet
Study #4		/	Correct
Study #5		J	Correct
Study #6		1 2	Correct
Study #7		1	Carrent
Study #8	ale	•	Correct
Study #9			Carreis
Study #10			Carrent
# Correct Out of 10:			W out of 10 correct

	1	 It was not a randomized, controlled trial?
c] 3	 The subjects were not metabolically healthy adults aged 19 or older (they had some disease or condition not including overweight/obesity)?
	4	 There was no concurrent training condition?
4	by	 There was no resistance training only or aerobic training only condition?
5		 Body fat, body fat %, or bodyweight was not assessed? 3 grows