

## MATERIALS AND METHODS

### *Subjects and groups.*

One hundred twenty-eight female college students with experience in weighted food records were asked to take part in this study, and 48 students volunteered to participate. The subjects completed the questionnaire containing information about menstrual cycle, pregnancy, past and current physical activity, smoking habit, as well as background information, including history of bone diseases, medication use, and bone fracture. The entry criteria for subjects were eumenorrheic, nonpregnant, no oral medication, nonsmoker, no regular high-impact training, with no medical or surgical problems likely to affect bone metabolism or providing contraindications to exercise. Six subjects were excluded because they had regularly engaged in high-impact sports such as volleyball, basketball, and tennis in the last 5 yr.

Forty-two subjects were randomly divided into two groups, jump training or a control group. In compliance with the university's Institutional Review Board policy, the purpose and all experimental procedures were explained, and written, informed consent was then obtained from each subject. The study was approved by the local health research review board. The subjects were permitted to withdraw at any time for any reason. Bone measurements were conducted at initial baseline and