

Medline (Ovid)

1 High-Intensity Interval Training/

2 (“high intensity” adj5 (interval? or intermittent or repeat* or circuit* or train* or exercis* or intervention?)).tw,kw.

3 (aerobic adj4 (interval? or intermittent or repeat* or circuit*)).tw,kw.

4 (sprint adj4 (interval? or intermittent or repeat* or circuit* or train* or exercis* or intervention?)).tw,kw.

5 (HIIT or HIIE).tw,kw.

6 Or/1-5

7 exp Child/

8 Child*.mp.

9 exp Adolescent/

10 Adolescen*.mp.

11 (youth? or teen* or boy? or girl?).mp.

12 student?.mp.

13 or/7-12

14 exp Schools/

15 school?.mp.

16 (break? or recess*2).mp.

17 class*2.mp.

18 "physical education".mp.

19 or/14-18

20 and/6,13,19

21 limit 20 to (english language and humans)

SPORTDiscus (EBSCOhost)

S1 SU interval training

S2 TI “high intensity” N4 (interval# or intermittent or repeat* or circuit* or train* or exercis* or intervention#)

S3 AB “high intensity” N4 (interval# or intermittent or repeat* or circuit* or train* or exercis* or intervention#)

S4 TI Aerobic N3 (interval# or intermittent or repeat* or circuit*)

S5 AB Aerobic N3 (interval# or intermittent or repeat* or circuit*)

S6 TI sprint N3 (interval# or intermittent or repeat* or circuit* or train* or exercis* or intervention#)

S7 AB sprint N3 (interval# or intermittent or repeat* or circuit* or train* or exercis* or intervention#)

S8 TI HIIT or HIIE

S9 AB HIIT or HIIE

S10 S1 OR S2 OR S3 OR S4 OR S5 OR S6 OR S7 OR S8 OR S9

S11 TI child* or adolescen* or youth# or teen* or student# or boy# or girl#

S12 AB child* or adolescen* or youth# or teen* or student# or boy# or girl#

S13 S11 OR S12

S14 TX school# or "physical education" or break or breaks or recess or recesses or class or classes

S15 S10 AND S13 AND S14

S16 further limited to academic journals and English language

Web of science

1 TS=(interval training)

2 TI=(“high intensity” Near/4 (interval\$ or intermittent or repeat* or circuit* or train* or exercis* or intervention\$))

3 AB=(“high intensity” Near/4 (interval\$ or intermittent or repeat* or circuit* or train* or exercis* or intervention\$))

4 TI=(aerobic Near/3 (interval\$ or intermittent or repeat* or circuit*))

5 AB=(aerobic Near/3 (interval\$ or intermittent or repeat* or circuit*))

6 TI=(Sprint Near/3 (interval\$ or intermittent or repeat* or circuit* or train* or exercis* or intervention\$))

7 AB=(Sprint Near/4 (interval\$ or intermittent or repeat* or circuit* or train* or exercis* or intervention\$))

8 TI=(HIIT or HIIE)

9 AB=(HIIT or HIIE)

10 #1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7 OR #8 OR #9

11 TI=(child* or adolescen* or youth\$ or teen* or student\$ or boy\$ or girl\$)

12 AB=(child* or adolescen* or youth\$ or teen* or student\$ or boy\$ or girl\$)

13 #11 OR #12

14 TS=(school\$ or "physical education" or break\$ or recess or recesses or class or classes)

15 #10 AND #13 AND #14

Document type: articles, languages: English

SCOPUS

(TITLE-ABS("high intensity" w/4 (interval# or intermittent or repeat* or circuit* or train* or exercis* or intervention#)) OR TITLE-ABS(aerobic w/3 (interval# or intermittent or repeat* or circuit*)) OR TITLE-ABS(Sprint w/3 (interval# or intermittent or repeat* or circuit* or train* or exercis* or intervention#)) OR TITLE-ABS(HIIT or HIIE)) AND (TITLE-ABS(child* or adolescen* or youth# or teen* or student# or boy# or girl#)) AND (ALL(school# or "physical education" or break# or recess or recesses or class or classes)) AND (LIMIT-TO (DOCTYPE,"ar")) AND (LIMIT-TO (LANGUAGE,"English"))

Cochrane Central Register of Controlled Trials

#1 [mh ^"high intensity interval training"]

#2 "high intensity" Near/4 (interval? or intermittent or repeat* or circuit* or train* or exercis* or intervention?):ti,ab,kw

#3 aerobic Near/3 (interval? or intermittent or repeat* or circuit*):ti,ab,kw

#4 Sprint Near/3 (interval? or intermittent or repeat* or circuit* or train* or exercis* or intervention?):ti,ab,kw

#5 (HIIT or HIIE):ti,ab,kw

#6 {OR #1-#5}

#7 (child* or adolescen* or youth? or teen* or student? or boy? or girl?):ti,ab,kw

#8 school? or "physical education" or break? or recess or recesses or class or classes

#9 {AND #6-#8}