Table 3: Studies using comparisons between groups of PA, CRF and sports practice

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | HRV indices | | | |  |
|  |  | RMSSD | HF | LF | HF/LF | Risk of bias |
| MVPA | Radtke, et al. [36] | **↑** | **-** | **-** | **-** | 15/24 |
| MPA | Buchheit, et al. [26] | **↔** | **↔** | **-** | **-** | 17/24 |
| VPA | Buchheit, et al. [26] | **↔** | **↑** | **-** | **-** | 17/24 |
| Radtke, et al. [36] | **↔** | **-** | **-** | **-** | 15/24 |
| CRF | Brunetto, et al. [15] | **↔** | **↔** | **↔** | **↔** | 16/24 |
| Sports practice | Cayres, et al. [14] | **↑** | **-** | **-** | **-** | 15/24 |
|  | Radtke, et al. [21] | **-** | **↑** | **↑** | **-** | 11/24 |
|  | Nagai and Moritani [33] | **-** | **↑** | **↑** | **-** | 7/24 |
|  | Nagai and Moritani [33]  obese children | **-** | **↔** | **↔** | **-** | 7/24 |
|  | Alom, et al. [32] | **-** | **↑** | **↑** | **-** | 7/24 |
|  | Vinet, et al. [34] | **↔** | **↔** | **↔** | **↔** | 7/24 |
|  | Sharma, et al. [35] | **↑** | **↑** | **↑** | **-** | 6/24 |

**↑** indicates significant higher values for the groups with higher PA, CRF and sports practice; **↔** indicates no significant differences between the groups based on PA, CRF and sports practice. – not measured. RMSSD: square root of the mean of the sum of the squares of differences between adjacent RR intervals; HF; high frequency; LF: low frequency; CRF: cardiorespiratory fitness; PA: physical activity; LPA: light physical activity; MPA: moderate physical activity; VPA: vigorous physical activity; MVPA moderate-to-vigorous physical activity.