

Appendix

Table A1. Basic Characteristics of the Included Literature.

Sequ ence Num ber	Litera ture Autho r	Publi shed Year	Sex	Age		Sa mpl e	Tes t Gro up	Con trol Gro up	Sport Event		Hz /(time· week-1)	Per iod	Prima ry outco me
				Test Grou p	Contr ol Grou p				Test Gro up	Control Group			
1	Shi Xiaoy an	2017	Mal e、 Fe mal e	64.7± 6.3	65.5± 6.5	104	52	52	Ba Dua n Jin	Walkin g Exercis e	2	12	(TUG T)、 (ECL SB)、 (BB S)、 (MFE S)
2	Kuan g Xiaow en	2019	-	68.68± 3.22	63-79	82	41	41	Ba Dua n Jin	Conve ntional Medici ne	-	-	(BB S)
3	Wu Xia	2017	Mal e、 Fe mal e	70.55± 4.26	70.55± 4.26	120	60	60	Ba Dua n Jin	Routin e Life	14	4	(TUG T)、 (BB S)、 (MFE S)
4	Liu Xiaoy un	2016	Mal e、 Fe mal e	67.1± 6.2	67.1± 6.2	47	27	20	Ba Dua n Jin	Routin e Life	2	12	(TUG T)、 (ECL SB)、 (BB S)、 (MFE S)
5	Zhou Supo	2020	Mal e、 Fe mal e	72.67± 9.56	73.25± 8.54	40	20	20	Ba Dua n Jin	Health Educati on	5	8	(TUG T)、 (BB S)
6	Du Weny uan	2018	Mal e、 Fe mal	65.36± 4.62	67.21± 5.61	160	97	63	Ba Dua n Jin	Health Educati on	5	24	(ECL SB)、

7	Sun Jiao	2022	Female	68.3±5.9	70.1±5.7	138	72	66	Ba Dua n Jin	Routin e Life	2	12	(ECL SB)、
8	Xu Mengyao	2022	Female	67.47±8.25	67.33±5.96	32	17	15	Ba Dua n Jin	Routin e Life	3	12	(TUG T)、 (ECL SB)、
9	Gao Zhipeng	2020	Female	79.79±4.18	78.88±4.66	68	34	34	Ba Dua n Jin	Health Educati on	5	12	(TUG T)、
10	Hou Xiaolin	2018	Female	82.86±4.37	83.94±3.38	71	36	35	Ba Dua n Jin	Resista nce Trainin g	5	12	(TUG T)、
11	Er Yuling	2017	Female	67.23±4.54	67.22±4.72	144	71	73	Ba Dua n Jin	Health Educati on	5	12	(ECL SB)、 (BB S) 、
12	Liu Shuangtao	2015	—	82.14±1.68	84.15±2.95	15	7	8	Ba Dua n Jin	Routin e Life	4	12	(TUG T)、
13	Zhang Lifen	2012	Female	64.60±2.30	65.10±1.90	60	30	30	Ba Dua n Jin	Routin e Life	4	24	(BB S) 、
14	Zhao Lei	2021	Female	65.82±3.88	64.35±3.62	34	17	17	Ba Dua n Jin	Routin e Life	3	12	(TUG T)、 (ECL SB)、 (MFE S)
15	Zhou Jing	2020	Female	59.70±6.23	61.13±6.04	61	30	31	Ba Dua n Jin	Routin e Life	5	13	(TUG T)、 (ECL SB)、

16	Hou Yanshao	2014	Male Female	60-69	60-69	40	20	20	Ba Duan Jin	Routine Life	5	12	(TUG T)、 (ECL SB)、
17	IngeH .	2009	Male Female	77.5± 4.7	76.8± 4.6	269	138	131	Tai Chi	Routine Life	2	13	(BB S)、
18	Padma	2014	Male Female	81.1± 8.0	85.4± 9.1	22	11	11	Tai Chi	Routine Life	2	14	(BB S)、
19	Miche l	2013	Male Female	79.1± 6.4	80.7± 6.0	80	42	38	Tai Chi	Conve ntional Medicine		48	(BB S)、
20	Jian-G uo	2006	Male Female	70.2± 3.6	70.6± 4.9	47	24	23	Tai Chi	Routine Life	7	8	(ECL SB)、
21	Fuzho ng	2005	Male Female	76.94± 4.69	77.99± 5.14	256	125	131	Tai Chi	Routine Life	3	24	(ECL SB)、 (BB S)、
22	Debor ah	2019	Male Female	80.4± 6.8	71.2± 6.1	29	16	13	Tai Chi	Routine Life	4	16	(TUG T)、
23	류명 인	2008	Male Female	77.70± 5.41	77.50± 6.58	47	23	24	Tai Ji Exer cise	Routine Life	2	12	(MFE S)
24	Hame d	2018	Male Female	67.20± 5.416	68.07± 5.232	53	27	26	Tai Chi	Routine Life	3	10	(MFE S)

25	Jung	2005	Male、Female	76.96±7.7	78.73±6.9	59	29	30	Tai Chi	Routine Life	3	12	(ECLSB)、
26	JOSEPH	2006	Female	71.5±4.6	71.3±4.4	19	11	8	Tai Chi	Jogging	3	12	(ECLSB)、
27	Denise	2012	Male、Female	74.4±6.2	73.7±6.2	451	220	231	Tai Chi	Low-level Exercise	2	24	(TUGT)、(ECLSB)、
28	Hu Xiu	2021	Male、Female	66.4 ±1.7	66.7 ±1.8	31	15	16	Tai Chi	Health Education	4	16	(TUGT)、(BBS)、
29	Hong Du	2018	Female	71.26±7.95	69.97±8.03	72	37	35	Tai Chi	Health Education	3	24	(ECLSB)、
30	Yang Shoulan	2021	Male、Female	65.08±4.05	65.08±4.05	40	20	20	Tai Chi	Routine Life	-	-	(TUGT)、(ECLSB)、
31	Qiu Yuyu	2008	Female	Above 65	Above 65	53	27	26	Tai Chi	Routine Life	7	10	(ECLSB)、
32	Tousignant M	2013	Male、Female	79.1±6.4	80.7±6.0	152	76	76	Tai Chi	Conventional Medicine	2	15	(BBS)、
33	Li F	2005	Male、Female	76.94±4.69	77.99±5.14	256	125	131	Tai Chi	Routine Life	3	26	(TUGT)、(ECLSB)、

42	Luo Kailiang	2022	Male	68.08±5.90	66.25±6.24	48	24	24	Yi Jin Jing	Conventional Medicine	5	4	(BBS)、
43	Zhang Boxin	2009	Male	63±5	63±5	56	26	30	Yi Jin Jing	Routine Life	3	12	(ECLSB)、
44	Hu Li	2017	Female	65.24±2.94	65.52±3.09	50	25	25	Yi Jin Jing	Routine Life	3	16	(TUGT)、(ECLSB)、
45	Fang Lei	2020	Male	60-95	60-95	36	18	18	Yi Jin Jing	Routine Life	3	24	(TUGT)、(MFE S)
