

Supplementary Figures

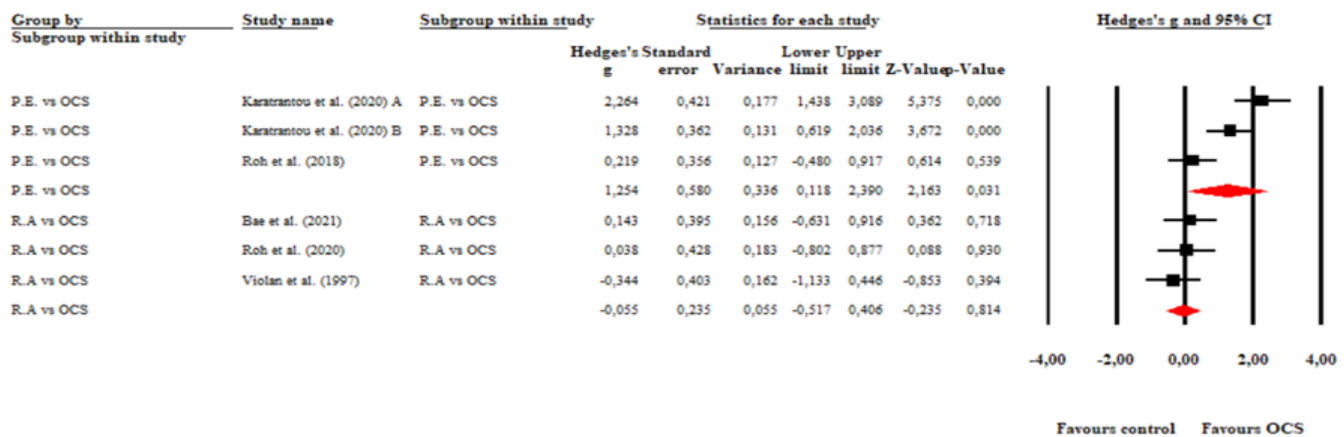


Figure 9. Forest plot of changes in performance on the MIHS in students practicing Olympic combat sports compared to an active control group, stratified by type of control group activities. The values shown correspond to effect sizes (Hedges' g) with 95% confidence intervals (CI). The squares represent the effect sizes of each study, with their size indicating the statistical weight of each study within the meta-analysis. The studies are divided into two subgroups: physical education (P.E.) vs. Olympic combat sports (OCS) and recreational activity (R.A.) vs. Olympic combat sports (OCS). Positive values favor students practicing Olympic combat sports, while negative values favor the active control group. The red diamonds represent the pooled effect sizes for each subgroup.

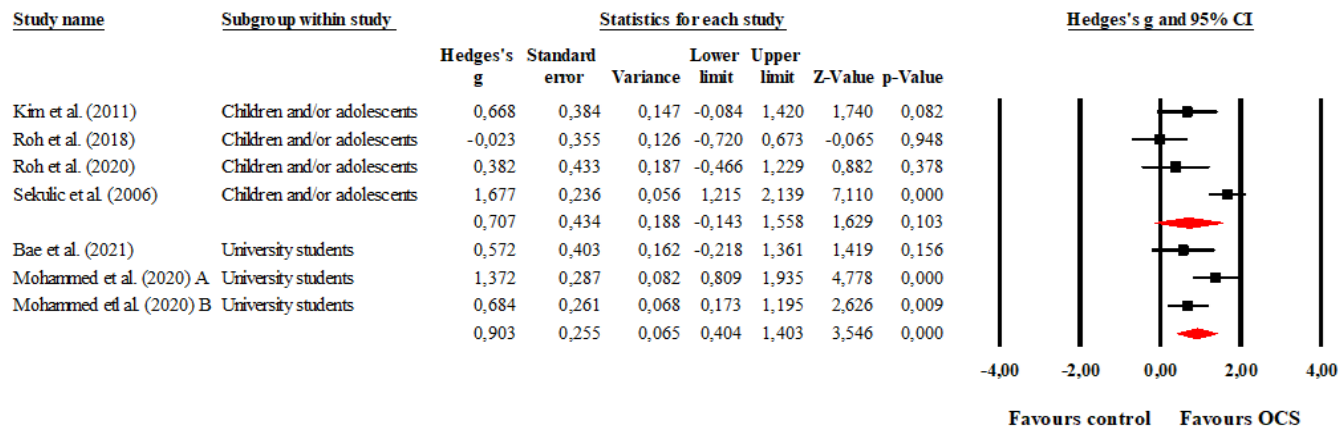


Figure 10. Forest plot of changes in performance on the sit-and-reach test in students practicing Olympic combat sports compared to an active control group, stratified by age group. The values shown correspond to effect sizes (Hedges' g) with 95% confidence intervals (CI). The squares represent the effect sizes of each study, with their size indicating the statistical weight of each study within the meta-analysis. The studies are divided into two subgroups: children and/or adolescents, and university students. Positive values favor students practicing Olympic combat sports, while negative values favor the active control group. The red diamonds represent the pooled effect sizes for each subgroup.

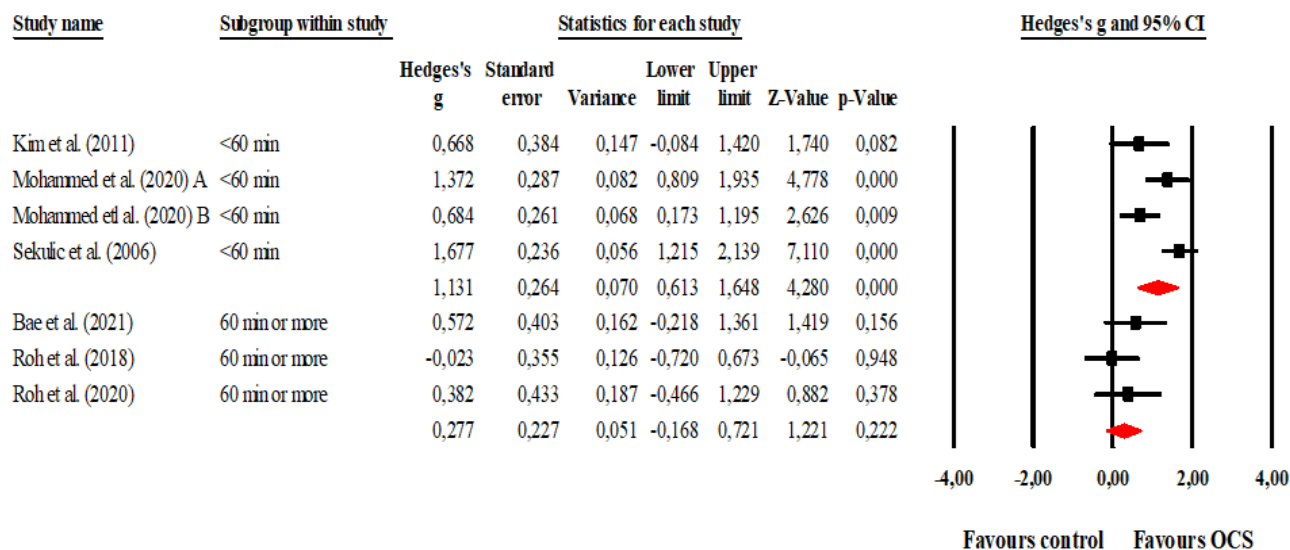


Figure 11. Forest plot of changes in performance on sit-and-reach test in students practicing Olympic combat sports compared to an active control group, stratified by session duration. The values shown correspond to effect sizes (Hedges' g) with 95% confidence intervals (CI). The squares represent the effect sizes of each study, with their size indicating the statistical weight of each study within the meta-analysis. The studies are divided into two subgroups: sessions lasting less than 60 minutes and sessions lasting 60 minutes or more. Positive values favor students practicing Olympic combat sports, while negative values favor the active control group. The red diamonds represent the pooled effect sizes for each subgroup.