



ETHICS COMMITTEE OPINION

May 6, 2026

I, Paulo Malico Sousa professor, in my capacity as Vice-President of the Ethics Committee of ISCE, acting on behalf of the President, hereby submit the decision regarding the project submitted by the researchers Ricardo Guilherme Lopes Ferreira, under the supervision of Professor Doutor Raynier Montoro.

Project Title	Effects of a micro-dose plyometric training program on the motor performance of children in the 2nd cycle of education: A Randomized Controlled Trial
Project Title (Original Language)	Efeitos de uma micro-dose de treino pliométrico no desempenho motor de crianças do 2.º ciclo: Um Ensaio Controlado Randomizado
Reference	code-ISCE/EC/0052026
Research Team	Ricardo Guilherme Lopes Ferreira and Raynier Montoro
Relator	Doctor Nuno Abranja
Decision	"The Ethics Committee unanimously decided to issue a favorable opinion (Approved). The decision was based on the report prepared by the rapporteur."

The Vice-President of the Ethics Committee of ISCE

Professor Paulo Malico Sousa