

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

The Effect of Aerobic Training on Platelets, Mean Platelet Volume, Prothrombin Time and Thromboplastin Time in Healthy Elderly Men

Protocol summary

Summary

Aim of research: review the effect of aerobic training on platelets, mean platelet volume, prothrombin time and thromboplastin time in elderly men Inclusion Criteria: Healthy; Nonathletic Exclusion Criteria: Special disease like diabetes and hypertension; Smoking; Regular exercise in two last years Population: elderly males of yasuj city ferdows nursing home Sample: 22 persons Design: eight weeks aerobic training and notraining and measurement of Platelets, Mean Platelet Volume, Prothrombin Time and Thromboplastin Time in before and after eight weeks aerobic training

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016102527263N2**
Registration date: **2016-11-20, 1395/08/30**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-11-20, 1395/08/30

Registrant information

Name

Seyed Ali Hosseini

Name of organization / entity

Islamic Azad University, Marvdasht Branch

Country

Iran (Islamic Republic of)

Phone

+98 43311156

Email address

alihoseini_57@miau.ac.ir

Recruitment status

Recruitment complete

Funding source

Islamic Azad University, Fars Science and Research Branch

Expected recruitment start date

2015-04-21, 1394/02/01

Expected recruitment end date

2015-06-22, 1394/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Aerobic Training on Platelets, Mean Platelet Volume, Prothrombin Time and Thromboplastin Time in Healthy Elderly Men

Public title

The Effect of Aerobic Training on Platelets, Mean Platelet Volume, Prothrombin Time and Thromboplastin Time

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: male gender; healthy; nonathletic people. Exclusion criteria: special disease like diabetes and hypertension; smoking; regular exercise in two last years.

Age

From **60 years** old to **70 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **50**

Randomization (investigator's opinion)

N/A

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Single

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**Ethics Committee of Islamic Azad University, Fars
Science and Research Branch**Street address**Islamic Azad University, Fars Science and Research
Branch, Marvdasht City, Fars Province, Iran**City**

Marvdasht

Postal code**Approval date**

2013-09-23, 1392/07/01

Ethics committee reference number

92-10-76

Health conditions studied**1****Description of health condition studied**

Healthy

ICD-10 code

z00

ICD-10 code descriptionPersons encountering health services for examination
and investigation**Primary outcomes****1****Description**

Platelet

Timepoint

Before and eight weeks after after intervention

Method of measurement

Serum

2**Description**

Prothrombin Time

Timepoint

Before and eight weeks after after intervention

Method of measurement

Serum

3**Description**

Mean Platelet Volume

Timepoint

Before and eight weeks after after intervention

Method of measurement

Serum

4**Description**

Thromboplastin Time

Timepoint

Before and eight weeks after after intervention

Method of measurement

Serum

Secondary outcomes**1****Description**

weight Lose

Timepoint

Before and eight weeks after intervention

Method of measurement

by Scale

Intervention groups**1****Description**Intervention group: eight weeks aerobic training, three
sessions per week, 60 minutes per session**Category**

Other

2**Description**

Control group: eight weeks no aerobic training

Category

N/A

Recruitment centers**1****Recruitment center****Name of recruitment center**

Yasuj City Ferdows Nursing Home

Full name of responsible person**Street address****City**

Yasuj

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University, Fars Science and Research Branch

Full name of responsible person

Dr Seyed Ali Hosseini

Street address

Islamic Azad University, Fars Science and Research Branch, Fars Province

City

Marvdasht

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Islamic Azad University, Fars Science and Research Branch

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

empty

Person responsible for general inquiries

Contact**Name of organization / entity**

Islamic Azad University, Fars Science and Research Branch

Full name of responsible person

Seyed Ali Hosseini

Position

PhD

Other areas of specialty/work**Street address**

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty