Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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)

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+98 43311156

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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 description
Persons 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
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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