

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Comparison of the effect a period Core stability training on motor and athletic performance in female competitive swimmers of children and adolescents

#### Protocol summary

##### Study aim

Effect of 8 weeks of core stability training on motor function and exercise a competitive swimmer for children and adolescents

##### Design

In this study, 48 swimmers are selected to enter the study. Participants are randomly assigned to four intervention and control groups and each participant is assigned a code

##### Settings and conduct

Tehran

##### Participants/Inclusion and exclusion criteria

Entry criteria: Competitive swimmers; girl; Tehran; healthy; no harm; children aged 6 to 11; adolescents aged 12 to 16; departure criteria: upper and lower ages; damage to the organs; The tendency to participate in the research

##### Intervention groups

8 weeks of core stabilization exercises

##### Main outcome variables

strength assessment trunk flexor, torsional and trunk the star balance test 50 meters and 100 meters

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20160815029373N3**

Registration date: **2017-11-29, 1396/09/08**

Registration timing: **registered\_while\_recruiting**

Last update: **2017-11-29, 1396/09/08**

Update count: **0**

##### Registration date

2017-11-29, 1396/09/08

#### Registrant information

##### Name

Parisa Sedaghati

##### Name of organization / entity

Guilan University

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 4423 7480

##### Email address

sedaghati@guilan.ac.ir

#### Recruitment status

##### Recruitment complete

#### Funding source

Islamic Azad University of Karaj Branch

#### Expected recruitment start date

2017-09-23, 1396/07/01

#### Expected recruitment end date

2017-12-21, 1396/09/30

#### Actual recruitment start date

empty

#### Actual recruitment end date

empty

#### Trial completion date

empty

#### Scientific title

Comparison of the effect a period Core stability training on motor and athletic performance in female competitive swimmers of children and adolescents

#### Public title

Core stability training

#### Purpose

Supportive

#### Inclusion/Exclusion criteria

##### Inclusion criteria:

Competitive swimmers girl Tehran healthy no damage

children aged 6-11 years adolescents aged 12 to 16 years

**Exclusion criteria:**

upper and lower ages damage to the organs unwillingness

**Age**

From **6 years** old to **16 years** old

**Gender**

Female

**Phase**

N/A

**Groups that have been masked**

- Data analyser

**Sample size**

Target sample size: **48**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

Random assignment to intervention and control groups

**Blinding (investigator's opinion)**

Single blinded

**Blinding description**

data analysis

**Placebo**

Not used

**Assignment**

Parallel

**Other design features**

## Secondary Ids

empty

## Ethics committees

1

**Ethics committee**

**Name of ethics committee**

Research Institute for Physical Education and Sport Sciences

**Street address**

Miremamad

**City**

Tehran

**Province**

Tehran

**Postal code**

1411713116

**Approval date**

2017-09-25, 1396/07/03

**Ethics committee reference number**

IRSSRI.REC1396.150

## Health conditions studied

1

**Description of health condition studied**

healthy people

**ICD-10 code**

Z10.8

**ICD-10 code description**

Routine general health check-up of other defined subpopulations

## Primary outcomes

1

**Description**

Central area performance

**Timepoint**

Before the intervention and eight weeks later

**Method of measurement**

McGill test

## Secondary outcomes

1

**Description**

Sport performance

**Timepoint**

Before the intervention and eight weeks later

**Method of measurement**

The speed of swimming is 50 and 100 meters

## Intervention groups

1

**Description**

Test group: core stability training for swimming swimmers, 8 weeks, three sessions per week.

**Category**

Prevention

2

**Description**

Control group: Normally, eight hours training sessions are practiced

**Category**

Prevention

## Recruitment centers

1

**Recruitment center**

**Name of recruitment center**

Shahid keshad stadium tehran

**Full name of responsible person**

Parisa Sarlak

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5, Mir Emad, Tehran

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## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**  
Islamic Azad University of Karaj Branch  
**Full name of responsible person**  
Doctor Amir Sarsin  
**Street address**  
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**Grant name**  
**Grant code / Reference number**  
**Is the source of funding the same sponsor organization/entity?**  
Yes  
**Title of funding source**  
Islamic Azad University of Karaj Branch  
**Proportion provided by this source**  
100  
**Public or private sector**  
Public  
**Domestic or foreign origin**  
Domestic  
**Category of foreign source of funding**  
*empty*  
**Country of origin**  
**Type of organization providing the funding**  
Academic

## Person responsible for general inquiries

#### Contact

**Name of organization / entity**  
Islamic Azad University of Karaj Branch  
**Full name of responsible person**  
Parisa Sedaghati  
**Position**  
PHD  
**Latest degree**  
Ph.D.  
**Other areas of specialty/work**  
Corrective Exercise  
**Street address**  
Tehran

## Person responsible for scientific inquiries

#### Contact

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The University of Guilan  
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## Person responsible for updating data

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## Sharing plan

**Deidentified Individual Participant Data Set (IPD)**

Undecided - It is not yet known if there will be a plan to make this available

**Study Protocol**

Undecided - It is not yet known if there will be a plan to

make this available

**Statistical Analysis Plan**

Undecided - It is not yet known if there will be a plan to make this available

**Informed Consent Form**

Undecided - It is not yet known if there will be a plan to make this available

**Clinical Study Report**

Undecided - It is not yet known if there will be a plan to make this available

**Analytic Code**

Undecided - It is not yet known if there will be a plan to make this available

**Data Dictionary**

Undecided - It is not yet known if there will be a plan to make this available