Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Comparison of the Effects of Selected Plyometric Exercises on the Unstable Level on the Results of Motor Testing and the Static and Dynamic Balance of Basketball Women

Protocol summary

Study aim
compare the effect of 8 weeks of progressive Plyometric training on unstable surface on motor function and the static and dynamic balance of female basketball players
Design
In this study, 30 basketball players will be selected to enter the study. Participants are randomly divided into intervention and control groups and assigned to each participant a code
Settings and conduct
The location of the city is Qom and the experimental group will perform the ploymetric training program on the unstable surface for up to 8 weeks
Participants/Inclusion and exclusion criteria
At least two years of regular basketball practice
Intervention groups
8 weeks of progressive Plyometric training on unstable surface
Main outcome variables
static and dynamic balance with the evaluation of motor performance tests

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20160815029373N2**
Registration date: **2017-11-28, 1396/09/07**
Registration timing: **registered_while_recruiting**

Last update: **2017-11-28, 1396/09/07**
Update count: **0**
Registration date
2017-11-28, 1396/09/07

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
Research Assistant, University of Guilan

Expected recruitment start date
2017-11-11, 1396/08/20
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 Effects of Selected Plyometric Exercises on the Unstable Level on the Results of Motor Testing and the Static and Dynamic Balance of Basketball Women

Public title
Plyometric Training
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
Basketball player who has been on regular training

schedule for two years; Examples have no history of cardiovascular and fracture problems six months ago; All subjects are trained on the same training program

Exclusion criteria:

having problems Cardiac respiration and fracture; lack of exercise history for two years

Age

From **18 years** old to **24 years** old

Gender

Female

Phase

N/A

Groups that have been masked

- Data analyser

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

Random assignment to intervention and control groups

Blinding (investigator's opinion)

Single blinded

Blinding description

Data analyzer

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Kashan University of Medical Sciences

Street address

Kashan

City

Kashan

Province

Isfehan

Postal code

8715988141

Approval date

2017-11-01, 1396/08/10

Ethics committee reference number

IR.KAUMS.REC.1396.59

Health conditions studied

1

Description of health condition studied

Healthy People

ICD-10 code

Z00.8

ICD-10 code description

Other general examinations

Primary outcomes

1

Description

Balance

Timepoint

Before the intervention and eight weeks late

Method of measurement

Balance test

Secondary outcomes

1

Description

Core Stability

Timepoint

Before the intervention and eight weeks later

Method of measurement

McGill test

Intervention groups

1

Description

Experimental Group: Eight Weeks of Plyometric Exercises on Unstable Surfaces

Category

Rehabilitation

2

Description

Control group: Perform regular basketball team workouts

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Qom City Stadiums

Full name of responsible person

Parisa Sedaghati

Street address

Shahid Sadoughi Street

City

Qom

Province

Ghoum

Postal code

8715988141

Phone
+98 25 3290 3731
Email
parisasedaghati@yahoo.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Research Assistant, University of Guilan
Full name of responsible person
Dr. Seyyed Ziaeddin Mirhosseini
Street address
8 km of Qazvin road in Rasht
City
Rasht
Province
Guilan
Postal code
۱۳۷۶۹۴۱۹۹۶
Phone
+98 13 3369 0539
Email
parisasedaghati@yahoo.com
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Research Assistant, University of Guilan
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
University of Guilan
Full name of responsible person
Parisa Sedaghati
Position
PHD
Latest degree
Ph.D.
Other areas of specialty/work
Corrective Exercises
Street address
8 km of Qazvin road in Rasht
City
Rasht
Province
Guilan
Postal code
۴۱۹۳۸۳۳۶۹۷
Phone
+98 13 3369 0274
Fax
Email
parisasedaghati@yahoo.com
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
University of Guilan
Full name of responsible person
Parisa Sedaghati
Position
PHD
Latest degree
Ph.D.
Other areas of specialty/work
Corrective Exercises
Street address
8 km of Qazvin road in Rasht
City
Rasht
Province
Guilan
Postal code
4199613776
Phone
+98 13 3369 0485
Fax
Email
parisasedaghati@yahoo.com
Web page address

Person responsible for updating data

Contact
Name of organization / entity
University of Guilan
Full name of responsible person
Parisa Sedaghat
Position
Assistant Professor
Latest degree
Ph.D.
Other areas of specialty/work
Corrective Exercises
Street address
8 km of Qazvin road in Rasht
City
Rasht
Province
Guilan
Postal code
4199613776
Phone

+98 13 3369 0485

Fax

Email

parisasedaghati@yahoo.com

Web page address

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