

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 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 ployometric 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

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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

Isfahan

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

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Web page address**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Research Assistant, University of Guilan

Full name of responsible person

Dr. Seyyed Ziaeddin Mirhosseini

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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

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

Person responsible for scientific inquiries**Contact****Name of organization / entity**

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Full name of responsible person

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PHD

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Assistant Professor

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Ph.D.

Other areas of specialty/work

Corrective Exercises

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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