

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 2026

The effect of interval aerobic training and interval and continuous jump rope n some physiological factors and fitness

Protocol summary

Study aim

Determine the effect of interval aerobic training, interval and continuous jump rope on selected physiological factors and fitness of adolescent girls

Design

The clinical trial was performed in 3 experimental groups and without control group. The samples were selected by randomized purposeful method and divided into groups by simple random method. The sample size was 45 and blindness was not done. The aim of clinical trial was to determine the effect of 8 week interval aerobic training, interval and continuous jump rope on selected physiological factors and fitness

Settings and conduct

Location this study ; Soltanieh City, club for exercise groups, Blindness was not done in this study . The present study was quasi- experimental with pre- test and post test design.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Menarche ,physical Health
Exclusion criteria: Athletic

Intervention groups

Interval aerobic training, Interval jump rope, and Continuous jump rope

Main outcome variables

body fitness, physiological factors

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190628044045N1**
Registration date: **2020-02-02, 1398/11/13**
Registration timing: **retrospective**

Last update: **2020-02-02, 1398/11/13**

Update count: **0**

Registration date

2020-02-02, 1398/11/13

Registrant information

Name

Somaieh Noormohamadi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 24 3582 2820

Email address

somaieh990@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2013-08-14, 1392/05/23

Expected recruitment end date

2014-07-11, 1393/04/20

Actual recruitment start date

2013-09-04, 1392/06/13

Actual recruitment end date

2014-07-07, 1393/04/16

Trial completion date

2014-12-03, 1393/09/12

Scientific title

The effect of interval aerobic training and interval and continuous jump rope n some physiological factors and fitness

Public title

The effect of interval aerobic training and interval and continuous jump rope n some physiological factors and fitness

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Reach to menarche age Physical Health
Exclusion criteria:
 Athletic

Age
 From **12 years** old to **15 years** old

Gender
 Female

Phase
 N/A

Groups that have been masked
No information

Sample size
 Target sample size: **45**
 Actual sample size reached: **45**

Randomization (investigator's opinion)
 Randomized

Randomization description
 Randomization method: Simple randomization,
 Randomization unit :individual, Randomization
 tool: Randomization with sealed envelopes. Subjects pick
 up one envelop and enter one of three groups of
 intervention by chance

Blinding (investigator's opinion)
 Not blinded

Blinding description

Placebo
 Not used

Assignment
 Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
 Shahid Rajaei Teacher Training
Street address
 shabanlu street, Lavizan, Tehran
City
 tehran
Province
 Tehran
Postal code
 1678815811
Approval date
 2013-01-09, 1391/10/20
Ethics committee reference number
 38150

Health conditions studied

1

Description of health condition studied
 -

ICD-10 code

-

ICD-10 code description

-

Primary outcomes

1

Description
 flexibility
Timepoint
 pre and post 8 week
Method of measurement
 sport tests

2

Description
 body composition
Timepoint
 pre and post 8 week
Method of measurement
 sport tests

3

Description
 ,, cardiorespiratory endurance
Timepoint
 pre and post 8 week
Method of measurement
 sport tests

4

Description
 Muscular endurance
Timepoint
 pre and post 8 week
Method of measurement
 sport tests

5

Description
 blood pressure
Timepoint
 Pre and post week
Method of measurement
 digital barometer.

Secondary outcomes

empty

Intervention groups

1

Description
 Intervention group: 8 week Interval aerobic training,
 include running for 3 session per week and 45 minutes with

65 percent maximum heart rate

Category

Other

2

Description

Intervention group: 8 week Interval jump rope, 3 session per week and 30minutes with 65 percent maximum heart rate

Category

Other

3

Description

Intervention group: 8 week Continuous jump rope, 3 session per week and 30minutes with 65 percent maximum heart rate

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

schools of soltanieh

Full name of responsible person

somaieh noormohammadi

Street address

enghelab Ave, Sharaf school

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4513869996

Phone

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Email

somaieh990@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahid Rajaee Teacher Training Uneversity

Full name of responsible person

Madjid Kashef

Street address

, Shahid Shaablou Ave, Tehran, Iran

City

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Province

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1678815811

Phone

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Fax

Email

Kashef@srttu.edu

Grant name

-

Grant code / Reference number

-

Is the source of funding the same sponsor organization/entity?

No

Title of funding source

Ministry of education

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

Other

Person responsible for general inquiries

Contact

Name of organization / entity

Ministry of education

Full name of responsible person

Somaieh Noormohammadi

Position

Teacher

Latest degree

Master

Other areas of specialty/work

Ministry of education

Street address

2 Number,Hafez Ave, Ghazali town,Soltanieh City

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Person responsible for scientific inquiries

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Person responsible for updating data

Contact

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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