Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The Effect of Eight-week Aerobic exercise on Hemocysteine level and maximum oxygen consuming in Young Non-athletic men.

Protocol summary

Summary

The purpose of this research was to determine the effect of eight weeks of aerobic exercise on hemocysteine level and the maximum oxygen consumption in one hand and assessing the relationship between hemocysteine and max of young non athlete men. The present study was a quasi-experimental research. A total of 240 students in Iran Science and Industry University registered in physical education unit 1 constituted the statistical population and the absence of any disease. Vo2Max was measured and blood samples were drawn from both groups prior to the start of the exercise program and following the termination of the program. The exercise protocol included 8-week of aerobic exercise, three times per week at 60-70 percent of maximum heart rate.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012080410493N1**
Registration date: **2012-10-29, 1391/08/08**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2012-10-29, 1391/08/08

Registrant information

Name

Mohammad Ebrahim Bahram

Name of organization / entity

Isfahan University

Country

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Recruitment status

Recruitment complete

Funding source

Vice-Chancellor For Research -Isfahan University

Expected recruitment start date

2008-12-25, 1387/10/05

Expected recruitment end date

2009-03-10, 1387/12/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Eight-week Aerobic exercise on Hemocysteine level and maximum oxygen consuming in Young Non-athletic men.

Public title

physical activity and Changes on Hemocysteine and Maximum Oxygen Consuming.

Purpose

Basic scienece

Inclusion/Exclusion criteria

Inclusion criteria:man; Non-athletic; Young; Having at least one of the system cardio vascular risk factor in the family number one. The absence of any disease of the immune system; Vascular crucial risk and infection in the past month; Such as influenza; to colds; Respiratory infections Hungarian; or symptoms such as fever; Sore throat; Runny nose; Ccough and other Infectious diseases. Exclusion criteria: The use of doping substances such as vitamins; Dietary supplements; Herbs or Medications that affect Hemocysteine and maximum oxygen consuming; Smoking and Alcohol, Participate in heavy exercise; Exposure to adverse

environmental conditions; Temperature; Disease and Viral infection during the plan period.

Age

From **18 years** old to **21 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **28**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Isfahan University, Department of Physical Education

Street address

Department of Physical Education of Isfahan University, Isfahan.

City

Isfahan

Postal code

8174673441

Approval date

2008-12-10, 1387/09/20

Ethics committee reference number

18

Health conditions studied

1

Description of health condition studied

Not have.Young non athlete men

ICD-10 code

J98.9

ICD-10 code description

Respiratory disorder, unspecified

Primary outcomes

1

Description

Hemocysteine.

Timepoint

Before,Iimmediately after Effect of Eight-week Aerobic Exercise.

Method of measurement

Using Diazymi Kit, Media Germany-System Hitachi 917.

Secondary outcomes

1

Description

Maximum Oxygen Consuming

Timepoint

Before and after Effect of Eight-week Aerobic Exercise.

Method of measurement

Bruce Incremental Treadmill protocol.

Intervention groups

1

Description

30 – 45 Minute (running on a treadmill) with 60% -75% of Vo2max.

Category

Other

2

Description

No intervention were assigned to the control group

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Isfahan University

Full name of responsible person

Mohammad Ebrahim Bahram

Street address

Department of Physical Education of Isfahan University, Isfahan.

City

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Sponsors / Funding sources

1

Sponsor

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Vice-Chancellor For Research-Isfahan University
Full name of responsible person
Mohammad Ebrahim Bahram
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City
Isfahan
Grant name
ندارد
Grant code / Reference number
Not have
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice-Chancellor For Research-Isfahan University
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

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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