

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The effect of 4 weeks of aerobic training on blood coagulation, fibrinolytic factors in elderly men

Protocol summary

Summary

The aim of this study is to determine the changes in on blood coagulation and fibrinolytic factors after 4 weeks aerobic training in elderly men. 20 elderly men (40-60 years) referred to razi clinic in ghaemshahr voluntary participated in this study. Inclusion criteria were Not Having a history chronic disease. The participants were randomly divided into control (N=10) and experimental (N=10) groups. The experimental group received Resistance training for 8 weeks, 3 sessions per week, 40 to 60 minutes each session. The control group did not participate in any physical activity and continued their daily activities. Before and 48 hours after the last training session, the participants' blood samples were taken to determine fibrinogen levels.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013062011772N3**

Registration date: **2013-06-29, 1392/04/08**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-06-29, 1392/04/08

Registrant information

Name

Hassan Amouzad Mahdirejei

Name of organization / entity

Islamic Azad University-Sari branch

Country

Iran (Islamic Republic of)

Phone

+98 911 356 1385

Email address

hassanamouzad@yahoo.com

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Islamic Azad University Sari Branch

Expected recruitment start date

2013-01-01, 1391/10/12

Expected recruitment end date

2013-01-19, 1391/10/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of 4 weeks of aerobic training on blood coagulation, fibrinolytic factors in elderly men

Public title

The effect of 4 weeks of aerobic training on blood coagulation

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion Criteria: Healthy young students with no previous record of any specific drug use and routine regular exercises during the last two years. Exclusion: Unhealthy, Doing regular exercise during the last two years.

Age

From **40 years** old to **60 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 20

Randomization (investigator's opinion)

Randomized

Randomization description

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

Islamic Azad university Sari Branch

Street address

7 km sea Road Sari, Mazandaran Province

City

sari

Postal code

Approval date

2012-11-21, 1391/09/01

Ethics committee reference number

11510

Health conditions studied

1

Description of health condition studied

cardiovascular risk factor and inflammatory markers

ICD-10 code

I51, I23

ICD-10 code description

Complications and ill-defined descriptions of heart disease, Certain current complications following acute myocardial infarction

Primary outcomes

1

Description

plasma fibrinogen

Timepoint

Before and 48 hr after intervention

Method of measurement

Enzymatic Colorimetric Method

Secondary outcomes

1

Description

Percent body fat

Timepoint

Before and 24 hr after intervention

Method of measurement

Before and 24 hr after intervention

Intervention groups

1

Description

Intervention1: Participating in 4 weeks aerobic exercise training, 3 times a week, 40 to 60 minutes each session

Category

Other

2

Description

Intervention2: Participating in daily activities

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Razi clinic in Ghaemshahr Voluntary

Full name of responsible person

Street address

City

Ghaemshahr

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, University of Islamic Azad Sari Branchi

Full name of responsible person

mohsen rabbani

Street address

7 km sea Road Sari, Mazandaran Province

City

Sari

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice chancellor for research, University of Islamic Azad

Sari Branchi
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

Contact

Name of organization / entity
Islamic Azad University Sari Branch
Full name of responsible person
Hassan Amouzad Mahdirajei
Position
Master of Science in Exercise Physiology
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Person responsible for updating data

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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