

Clinical Trial Protocol

Iranian Registry of Clinical Trials

20 Jun 2026

Effect of one Bout of Severe Aerobic Physical Activity on A and B Apolipoprotein and some Selected Serum Lipid Components

Protocol summary

Summary

The purpose of this investigation was to examine whether one bout of severe and exhaustive aerobic physical activity has a significant positive effect on A and B apolipoproteins, cholesterol with high and low density level in serum. For this purpose, a total 26 male college students were randomly assigned to two groups of experimental (n=13) and control (n=13) subjects. The exclusion criteria: lack of fitness to perform the task, subject with history of drug consumption. The subjects were required to participate in 1 session of running at 80 to 90 percent of their maximum heart rate on a treadmill for 20 minutes. Blood sample was collected on 3 times, once before, immediately after and 24 hours post termination of the exercise protocol.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014101712796N2**

Registration date: **2014-10-31, 1393/08/09**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-10-31, 1393/08/09

Registrant information

Name

Mohammad javad Pourvaghar

Name of organization / entity

Kashan University of Medical Sciences

Country

Iran (Islamic Republic of)

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+98 36 1591 2561

Email address

vaghar@kashanu.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice-Chancellor for Research, Kashan University

Expected recruitment start date

2014-04-14, 1393/01/25

Expected recruitment end date

2014-04-19, 1393/01/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of one Bout of Severe Aerobic Physical Activity on A and B Apolipoprotein and some Selected Serum Lipid Components

Public title

Effect of one Bout of Severe Aerobic Physical Activity on A and B Apolipoprotein and some Selected Serum Lipid Components

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: 1. No prior history of participation in any regular activity 2 month before the start of protocol. 2. Good health condition. 3. No use of medication to alter Lipid profiles. Exclusion criteria: 1. Participation in regular physical activity. 2. Use of medicine that alter lipid profiles. 3. Physical disability.

Age

From **21 years** old to **24 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 26

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**

Ethics Committee University of kashan

Street address

Department of Physical Education, University of kashan

City

kashan

Postal code

8731751167

Approval date

2014-02-07, 1392/11/18

Ethics committee reference number

159233.5

Health conditions studied**1****Description of health condition studied**

Metabolic disorders

ICD-10 code

E78

ICD-10 code description

Disorders of lipoprotein metabolism and other lipidaemias

Primary outcomes**1****Description**

Profile of Lipids

Timepoint

Before, after and 24 hours after one bout of high training, with 20 minutes

Method of measurement

Blood sample

Secondary outcomes**1****Description**

A and B Apolipoprotein

Timepoint

Before, after and 24 hours after one bout of high training, with 20 minutes

Method of measurement

Blood sample

Intervention groups**1****Description**

Experimental group: 1 session of running at 80 to 90 percent of their maximum heart rate for 20 minutes.

Category

Other

2**Description**

Control group: Did not receive any training.

Category

N/A

Recruitment centers**1****Recruitment center****Name of recruitment center**

University of Kashan

Full name of responsible person

Mohammad Javad Pourvaghar

Street address

Department of Physical Education, University of kashan, kashan.

City

Kashan

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Vice-Chancellor For Research- University of Kashan

Full name of responsible person

Majid Monem

Street address

Department of Physical Education, University of Kashan, kashan.

City

Kashan

Grant name

ندارد

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 Kashan

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**

University of Kashan

Full name of responsible person

Mohammad Javad Pourvaghari

Position

Ph.D, Physiology of exercise

Other areas of specialty/work**Street address**

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Full name of responsible person

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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