

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jun 2026

The effect of time of maximum aerobic activity on changes the number of blood T cells in male athletes 22-20 years

Protocol summary

Summary

(1) Objectives: The purpose of the present research was to examine the effect of time of maximum aerobic activity in morning and afternoon on changes CD4 and CD8 in male athletes 22-20 years. (2) Design: The present research is quasi-experimental with a pretest-post test design in two stages (time). The population of the research consists of all the physical education students of the University of Tehran. Thus, 24 student athletes were randomly selected from within the statistical population and were divided into two groups of 12 subjects in morning and evening. (3) Setting and conduct: Time of performing was to examine group morning 10 o'clock and time of group evening 15 o'clock. (4) Participants including major eligibility criteria: The sample blood student of without any disease were given before, immediately after and 2 o'clock after the Bruce protocol. (5) Intervention: The research was maximum aerobic activity on the Treadmill and with the Bruce protocol.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013050913114N2**

Registration date: **2013-07-24, 1392/05/02**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-07-24, 1392/05/02

Registrant information

Name

Behnam Masoudian

Name of organization / entity

Shahid Rajaei Teacher Training University

Country

Iran (Islamic Republic of)

Phone

+98 31 1367 1603

Email address

masoudian_b@yahoo.com

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research Shahid Rajaei Teacher Training University of Medical Sciences

Expected recruitment start date

2012-06-01, 1391/03/12

Expected recruitment end date

2012-06-01, 1391/03/12

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of time of maximum aerobic activity on changes the number of blood T cells in male athletes 22-20 years

Public title

Blood T cells

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion: Selection 24 student of without any disease athletes were randomly into two groups of 12 subjects in morning and evening; exclusion criteria: Implementation maximum aerobic activity on the treadmill and with the Bruce protocol.

Age

From **20 years** old to **22 years** old

Gender

Male

Phase

2-3

Groups that have been masked*No information***Sample size**Target sample size: **24****Randomization (investigator's opinion)**

N/A

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 Shahid Rajaei Teacher Training University

Street address

St. Shabanlo, Lavizan, Tehran

City

Tehran

Postal code**Approval date**

2010-09-23, 1389/07/01

Ethics committee reference number

Approved by the Council Shahid Rajaei Teacher Training University

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

Changes the number of blood T cells

ICD-10 code

C84.4

ICD-10 code description

Peripheral T-cell lymphoma, not classified

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

CD8

Timepoint

Before ,immediately after and 2 o'clock after

Method of measurement

Blood samples

2**Description**

CD4

Timepoint

Before ,immediately after and 2 o'clock after

Method of measurement

Blood samples

3**Description**

CD4/CD8

Timepoint

Before ,immediately after and 2 o'clock after

Method of measurement

Blood samples

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

NO

Timepoint

NO

Method of measurement

NO

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

Maximum aerobic activity shift morning(Bruce protocol)

Category

Diagnosis

2**Description**

Maximum aerobic activity shift afternoon(Bruce protocol)

Category

Diagnosis

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

Shahid Rajaei Teacher Training University

Full name of responsible person

Masoudian Behnam

Street address

St. Shabanlo, Lavizan, Tehran

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor For Research Shahid Rajaei Teacher Training University University of Medical Science

Full name of responsible person

Dr Olyaei Saeed

Street address

St.Shabanlo, Lavizan, Tehran

City

Tehran

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 Shahid Rajaei Teacher Training University University of Medical Science

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**

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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