

# 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**

Shahid Rajaei Teacher Training University

**Full name of responsible person**

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**Position**

Master of Science

**Other areas of specialty/work**

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## Person responsible for scientific inquiries

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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*