The effect of sequence order of combined training (resistance and endurance) on strength, aerobic capacity and body composition in older women

Protocol summary

Summary
The main purpose of this study is to investigate the effect of sequence order of combined training (resistance and endurance) on strength, aerobic capacity and body composition in older women. This study is a quasi-experimental research, 60 retired elderly woman of Education select purposely and randomly place into four groups of 15 subjects: endurance plus strength training, strength plus endurance training, interval concurrent training and control groups then the weight, height, body mass index, body fat percentage, maximum strength and maximal oxygen uptake be measure. Training programs will be perform for eight week, 3 times per week. Endurance training program Include a cycle ergo-meter and strength training program Include several upper and lower body workout. Forty-eight hours after the last training session all variables will be measured as per-test.

General information

Acronym
IRCT registration information
IRCT registration number: IRCT2014111819995N1
Registration date: 2014-12-25, 1393/10/04
Registration timing: retrospective

Country
Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source
Investigator

Expected recruitment start date
2014-03-07, 1392/12/16

Expected recruitment end date
2014-04-07, 1393/01/18

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effect of sequence order of combined training (resistance and endurance) on strength, aerobic capacity and body composition in older women

Public title
The effect of sequence order of combined training (resistance and endurance) on the body performance of older women

Purpose
Diagnostic

Inclusion/Exclusion criteria
Inclusion criteria: female; 58 to 70 years; without experience of regular physical activity in one year before beginning of the study; the level of physical and mental health Exclusion criteria: history of cardiovascular diseases; cancer; high blood pressure; diabetes; thyroid
disease; addiction to any smoking, alcohol and narcotic substances; Hormonal disorders; kidney or liver disease; surgery any medical intervention affecting the experimental results

Age
- From 58 years old to 70 years old

Gender
- Female

Phase
- N/A

Groups that have been masked
- No information

Sample size
- Target sample size: 60

Randomization (investigator's opinion)
- Randomized

Randomization description

Blinding (investigator's opinion)
- Single blinded

Blinding description

Placebo
- Not used

Assignment
- Parallel

Other design features
- Aerobic training perform on a cycle ergomete and Resistance exercise with gym apparatus.

Secondary Ids
- empty

Ethics committees

1

Ethics committee
- Name of ethics committee: Shahrekord University
- Street address: Rahbar Blvd, Shahrekord
- City: Shahrekord
- Postal code: 8818634141

Approval date
- 2014-03-06, 1392/12/15

Ethics committee reference number
- 190/579

Health conditions studied

1

Description of health condition studied
- Relationship of sequence order of combined training (resistance and endurance) on strength, aerobic capacity and body composition in older women

ICD-10 code
- R54

ICD-10 code description
- Senility

Primary outcomes

1

Description
- Maximum strength

Timepoint
- Before and after 8 weeks of intervention

Method of measurement
- By use 1 Repetition Maximum formul

2

Description
- Maximal oxygen uptake

Timepoint
- Before and after 8 weeks of intervention

Method of measurement
- Modified Bruce treadmill test

3

Description
- Body fat percent

Timepoint
- Before and after 8 weeks of intervention

Method of measurement
- Using calipers Base Line

4

Description
- Weight

Timepoint
- Before and after 8 weeks of intervention

Method of measurement
- Weight meter Seca

5

Description
- Height

Timepoint
- Before and after 8 weeks of intervention

Method of measurement
- Using a height gauge model Saros

6

Description
- Body Mass Index (BMI)

Timepoint
- Before and after 8 weeks of intervention

Method of measurement
- Weight divided by height squared

Secondary outcomes
- empty
Intervention groups

1
Description
The endurance plus strength training group follow an combined training program for 8 weeks Who in the first do endurance training program and then 2 minutes of rest do strength training program.
Category
Other

2
Description
The strength plus endurance training group follow an combined training program for 8 weeks Who in the first do strength training program and then 2 minutes of rest do endurance training program.
Category
Other

3
Description
The interval training group do rotating E plus S plus E plus S plus E plus S training programs , so that's the strength and endurance program was divided into three parts.
Category
Other

4
Description
The control group do not any regular physical activity in Daily life.
Category
Other

Recruitment centers

1
Recruitment center
Name of recruitment center
Department of Education region 1 of Shahrekord city
Full name of responsible person
Street address
City
Shahrekord

Sponsors / Funding sources

1
Sponsor
Name of organization / entity
Shahrekord University
Full name of responsible person
Dr Ebrahim Banitalebi
Street address
Rahbar Blvd, Shahrekord
City
Shahrekord
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Shahrekord 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

Contact
Name of organization / entity
Shahrekord University
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Phone

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