

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 Jul 2026

The Effects of Six-Week of Aerobic Exercise and L-Carnitin Supplementation on Body Fat Precentage and Lipid Profiles (LDL-c, HDL-c) of UMA Sedentary Students

Protocol summary

Summary

The aim of this study was to investigate The effects of six-week of aerobic exercise and L-Carnitin supplementation on body fat precentage and lipid profiles (LDL-c, HDL-c) of UMA sedentary students. In this semi experimental study, 20 non-athlete students randomly divided into two groups of supplementation (n = 10) and placebo (n = 10), respectively. Inclusion criteria: the subjects are non-athlete, with age range 19 -22 years old; subjects weight, not having any cardiovascular, pulmonary, musculature,..... . Exit criterion: the lack of the presence of more than one session of exercise.Both aerobic exercise for six weeks on the basis of the principle of overload. During this period the group supplementation used 13mg of L-Carnitine per each kilogram of body weight and the group placebo used just 3 mg of starch per each kilogram of their body weight.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015032921563N1**
Registration date: **2015-06-29, 1394/04/08**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-06-29, 1394/04/08

Registrant information

Name

Javad Jalali

Name of organization / entity

University of Mohaghegh Ardabili

Country

Iran (Islamic Republic of)

Phone

+98 71 5388 6149

Email address

javadjalali@student.uma.ac.ir

Recruitment status

Recruitment complete

Funding source

The General Administration of sports and the youth of Ardebil

Expected recruitment start date

2013-09-30, 1392/07/08

Expected recruitment end date

2013-11-06, 1392/08/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effects of Six-Week of Aerobic Exercise and L-Carnitin Supplementation on Body Fat Precentage and Lipid Profiles (LDL-c, HDL-c) of UMA Sedentary Students

Public title

The effect of L-Carnitine and AerobicExercise on lipid profiles

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria: the subjects are non-athlete, with age range 19 -22 years old; subjects weight 65-75 Kg; not having any cardiovascular, pulmonary, musculature, problems. Exclusion criterion: the lack of the presence of more than one session of exercise.

Age

From **19 years** old to **22 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)

Double blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

University of Mohaghegh Ardabili, Vice chancellor for research

Street address

Faculty of Educational Sciences and Psychology,
University of Mohaghegh Ardabil, University blvd.

City

Ardabil

Postal code

Approval date

2015-05-31, 1394/03/10

Ethics committee reference number

360

Health conditions studied

1

Description of health condition studied

Blood lipoproteins

ICD-10 code

E78

ICD-10 code description

Disorders of lipoprotein metabolism and other
lipidaemias

Primary outcomes

1

Description

Body fat percentage

Timepoint

24 before and after training

Method of measurement

mm, Caliper harpenden

Secondary outcomes

1

Description

lipid Profile

Timepoint

24 before and after training

Method of measurement

mg/dl, auto analyzer BT3000

Intervention groups

1

Description

L-Carnitine, 250 mgTablets, 13 mg per each kilogram of
their body weight, sex-weeks. taking l-carnitine
supplement 1 day after the last consumption of l-
carnitine blood sampling was conducted

Category

Treatment - Drugs

2

Description

placebo: starch, Tablets 250mg, 3mg,3 mg of starch per
each kilogram of their body weight. Six- weeks. taking
the placebo last 1 day after taking the placebo was
conducted blood sampling

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

University of Mohaghegh ardabili

Full name of responsible person

Javad Jalali

Street address

Faculty of Educational Sciences and Psychology,
University of Mohaghegh Ardabil, University blvd.

City

Ardabil

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Institute of strategic studies of the Ministry of youth and sports

Full name of responsible person

Hamed Moazen

Street address

Department of sports and youth, Varzesh square, Ardabil, Iran.

City

Ardabil

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Institute of strategic studies of the Ministry of youth and sports

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 Mohaghegh Ardabili

Full name of responsible person

Farzad nobakht

Position

Assistant Professor

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

Faculty of Educational Sciences and Psychology, University of Mohaghegh Ardabil, University blvd.

City

Ardabil

Postal code**Phone**

+98 45 3351 8530

Fax**Email**

nobakht.farzad@yahoo.com

Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

University of Mohaghegh Ardabili

Full name of responsible person

Javad Jalali

Position

MS.C. Sport physiology

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

Faculty of Educational Sciences and Psychology, University of Mohaghegh Ardabil, University blvd.

City

Ardabil

Postal code**Phone**

+98 71 5388 6149

Fax**Email**

javad_jalali68@yahoo.com

Web page address**Person responsible for updating data****Contact****Name of organization / entity**

University of Mohaghegh Ardabili

Full name of responsible person

Javad Jalali

Position

MSc of Sport Physiology

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

Faculty of Educational Sciences and Psychology, University of Mohaghegh Ardabil, University blvd.

City

Ardabil

Postal code**Phone****Fax****Email**

javad_jalali68@yahoo.com

Web page address**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