Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 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

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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.
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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 harpanden

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
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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

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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