

Clinical Trial Protocol

Iranian Registry of Clinical Trials

31 Jul 2026

The impact of a school-based nutrition programs and traditional games on health-related physical fitness, nutritional behavior, fundamental movement skills and physical activity level of primary school children

Protocol summary

Summary

The purpose of this study is to evaluate the impact of a school-based nutrition programs and traditional games on health-related physical fitness, nutritional behavior, fundamental movement skills and physical activity level of primary school children. Inclusions criteria consist of 9-10 years healthy student girls and exclusion criteria will be include of absence for three sessions. In line with this, through the students of 4th grade of an elementary school, 32 students will be select and randomly assign into two groups and each group consist of 16 persons including: experimental and control group. Students in the experimental group do traditional games three times per week for 8-weeks and each session will be 70 min. In addition, the nutrition behavior intervention will be consist of thirty-two teaching session for students (four 15-min sessions per week). Body composition, health-related physical fitness, fundamental movement skills and physical activity level will be assess before and after the end of intervention period. The study duration will be 8 weeks and it seems that doing traditional games combine with a school-based nutrition programs can be effective on students body composition, health-related physical fitness, fundamental movement skills and physical activity level.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017102122498N15**
Registration date: **2017-10-31, 1396/08/09**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-10-31, 1396/08/09

Registrant information

Name

Ramin Shabani

Name of organization / entity

Islamic Azad University

Country

Iran (Islamic Republic of)

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Email address

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Recruitment status

Recruitment complete

Funding source

Reshearch chancellor of Islamic Azad University, Rasht Branch

Expected recruitment start date

2017-09-23, 1396/07/01

Expected recruitment end date

2017-10-02, 1396/07/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The impact of a school-based nutrition programs and traditional games on health-related physical fitness, nutritional behavior, fundamental movement skills and physical activity level of primary school children

Public title

The impact of a school-based nutrition programs and traditional games in primary school children

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: be girl; aged of 9-10 years; not have regular exercise training during last six month
Exclusion criteria: absence for three sessions

Age

From **9 years** old to **10 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **32**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee, Islamic Azad University Rasht Branch

Street address

Islamic Azad University Rasht Branch, Taleshan Bridge, Rasht

City

Rasht

Postal code

Approval date

2017-08-20, 1396/05/29

Ethics committee reference number

IR.IAU. RASHT .RCE .1396 .78

Health conditions studied

1

Description of health condition studied

Girl students of primary school

ICD-10 code

Z00.1

ICD-10 code description

Routine child health examination

Primary outcomes

1

Description

Health-related Physical Fitness

Timepoint

Before intervention and eight weeks after intervention

Method of measurement

Using measurement of muscle strength and endurance, aerobic power and flexibility

2

Description

Nutritional behavior

Timepoint

Before intervention and eight weeks after intervention

Method of measurement

Using nutritional behavior questionnaire

3

Description

Fundamental movement skills

Timepoint

Before intervention and eight weeks after intervention

Method of measurement

using Test of gross motor development – 2

4

Description

Physical activity level

Timepoint

Before intervention and eight weeks after intervention

Method of measurement

using children physical activity questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

traditional games combine with a nutrition education programs eight weeks, three 70 mins sessions per week including five traditional games combine with four 15 mins sessions per week of nutrition face to face education

Category

Lifestyle

2

Description

Control group Without intervention

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Elementary school

Full name of responsible person

Maryam Roshandel

Street address

City

Rasht

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University Rasht Branch

Full name of responsible person

Ali Delpasand

Street address

Islamic Azad University Rasht Branch, Taleshan
Bredge, Rasht

City

Rasht

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Islamic Azad University Rasht Branch

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

Islamic Azad University Rasht Branch

Full name of responsible person

Maryam Roshandel

Position

MA

Other areas of specialty/work

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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