Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Determination the effect of regular physical activity on public health and social health in male nursing students.

Protocol summary

Summary

Objectives: The main objective of the project: The effect of physical activity on general and social health Secondary objectives: 1-Comparison of general and social health in nursing students before and after intervention in control group 2-Comparison of general and social health in nursing students before and after intervention in intervention group 3-Comparison of general and social health in nursing students before and after intervention in control and intervention groups Study design: The population was nursing students in Hamedan University of medical science.in this study students selected in Randomized controlled- examination groups, non-blind, uncontrolled by placebo and single center. Implementation: 60 nursing students from different education terms in Randomized selected to intervention (30 students) and control (30 students) groups. Entrances criteria: boys nursing student's age between 18 to 24, verification by exercise physiology specialist proportion of cardiovascular and physical fitness with exercise protocol and students who have no heart and diabetes disease and mental disorders. Exclusion criteria: student who three consecutive sessions, or a quarter of their training sessions was absent or participated in other exercise programs removed. Interventions: students in intervention group participated in FITT exercise protocol is focusing on upper body muscles. The main outcome variable is increase the level of general and social health in students.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016022426738N1**
Registration date: **2016-11-23, 1395/09/03**
Registration timing: **retrospective**
Last update:
Update count: **0**

Registration date

2016-11-23, 1395/09/03

Registrant information

Name
Omid Seifi selseleh
Name of organization / entity
Hamedan University of Medical Science
Country
Iran (Islamic Republic of)
Phone
+98 81 3838 0319
Email address
o.seifi@edu.umsha.ac.ir

Recruitment status

Recruitment complete

Funding source

Hamadan University of Medical Sciences and omid seifi selseleh

Expected recruitment start date

2016-04-03, 1395/01/15

Expected recruitment end date

2016-07-05, 1395/04/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Determination the effect of regular physical activity on public health and social health in male nursing students.

Public title

Determination the effect of physical activity on public health and social health in male nursing students

Purpose

Prevention

Inclusion/Exclusion criteria

Entrances criteria: boys nursing student's age between 18 to 24, verification by exercise physiology specialist proportion of cardiovascular and physical fitness with exercise protocol and students who have no heart and diabetes disease and mental disorders. Exclusion criteria: student who three consecutive sessions, or a quarter of their training sessions was absent or participated in other exercise programs removed.

Age

From **18 years** old to **24 years** old

Gender

Male

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

This quasi-experimental study with before and after design whose students in Randomized method with simple random method selected and consistently to complete the enough sample did.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Sciences Ethics committee of Hamedan University of Medical

Street address

After Research Square, Opposite the People's Park, Hamedan University of Medical Science, Hamedan

City

Hamedan

Postal code

6516735537

Approval date

2016-01-23, 1394/11/03

Ethics committee reference number

IR.UMSHA.REC.1394.455

Health conditions studied

1

Description of health condition studied

lack of physical exercise

ICD-10 code

Z72.3

ICD-10 code description

Problems related to lifestyle

Primary outcomes

1

Description

General Health

Timepoint

Before andAfter intervention

Method of measurement

Standard general health questionnaire - Standard social health questionnaire

Secondary outcomes

1

Description

Body composition

Timepoint

Before and After intervention

Method of measurement

Body composition analyzers

Intervention groups

1

Description

Intervention group: Intervention group 8 weeks exercise program 3 sessions per week and a total of 24 sessions and duration with 20 to60 minutes each session according to American Academy of Sports Medicine Protocol (AASM) and using the FITT Sports Edition. Exercise duration about 20 to 60 minute according to the FITT protocol include F= Frequency: The number of training in 8 weeks and 3 sessions per week. I = Intensity: intensity is practice to evaluate practice intensity of the maximum heart rate and used the FOX formula as follows Heart Rate max: 220 - age. In this protocol according to American Academy of Sports Medicine guidelines intensity should be between 50 to75% maximum heart rate and exercise sessions gradually increased (2 percent per week). When intolerance or exercise-based fatigue see in who sports, exercise activities kept constant. It is important in these who exercise and intensity should be hold below the maximum heart rate and avoided from severe intensity exercise. For evaluate the exercise intensity in the intervention group, measure and calculate the heart rate teached before and after exercise and at rest. In this way

they touch the second and third fingers on the radial artery and pulse rate calculated in 15 seconds and multiplication to 4 and number of Heart Rate in one minute calculated and documented in the related table. T = time: duration of time in each exercise session and calculated by protocol of AASM. According to this protocol each session begin from 20 minute and gradually increase to 60 minute. Duration the time in the each session increase to 5 minute and maintained in this level when arrive to 60 minute. T= type: The type of exercise choice for this group, in addition to being safe, should be easily donned at Home. Aerobic exercise is a series of stretching exercises focusing on the upper body (shoulders, arms and chest). Exercise stages including: first 10 to 5 minute warm-up and slow walk and gentle stretching motion. Then 15 to 20 minutes aerobic exercise walking in moderate intensity. Also stretching motion and specific movements of the arm and shoulder every week and increase from 20 to 40 minutes s. finally a cooling phases lasting about 5 to 10 minutes. In total exercise duration beginning from 40 minutes and gradually arrives to 60 minutes, and then maintain in this level.

Category

Behavior

2

Description

Control group: No precipitate to any exercise plan assigned for intervention group.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Hamedan University of Medical Science, nursing College

Full name of responsible person

selseleh seifi Omid, master of science student in Medical-Surgical Nursing

Street address

After Research Square, Opposite the People's Park, Hamedan University of Medical Science, Hamedan

City

Hamedan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research,Hamedan University of Medical Sciences

Full name of responsible person

Bashirian sayeed doctor

Street address

Opposite the People's Park, Hamedan Univercity of Medical Sience, Hamedan

City

Hamedan

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,Hamedan University of Medical Sciences

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

Hamedan University of Medical Science

Full name of responsible person

selseleh seifi Omid

Position

Master of science student in Medical-Surgical Nursing

Other areas of specialty/work

Street address

Kashani Mobasher Dormitory, Mahdie Avenu, Hamedan

City

Hamedan

Postal code

6516735537

Phone

+98 81 3838 0319

Fax

+98 38380447

Email

o.seifi@edu.umsha.ac.ir; omid.seifi31@gmail.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Hamedan University of Medical Science

Full name of responsible person

selseleh seifi Omid

Position

Master of science student in Medical-Surgical Nursing

Other areas of specialty/work

Street address

Kashani Mobasher Dormitory, Mahdie Avenu,

Hamedan

City

Hamedan

Postal code

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Phone

+98 81 3838 0319

Fax

+98 38380447

Email

o.seifi@edu.umsha.ac.ir; omid.seifi31@gmail.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Hamedan University of Medical science

Full name of responsible person

selseleh seifi Omid

Position

Master of science student in Medical-Surgical Nursing

Other areas of specialty/work

Street address

Kashani Mobasher Dormitory, Mahdie Avenu, Hamedan

City

Hamedan

Postal code

6516735537

Phone

+98 81 3826 0289

Fax

+98 38380447

Email

omid.seifi31@gmail.com; seifi@edu.umsha.ac.ir

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