

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Comparison of the effect a period Core stability training on motor and athletic performance in female competitive swimmers of children and adolescents

Protocol summary

Study aim

Effect of 8 weeks of core stability training on motor function and exercise a competitive swimmer for children and adolescents

Design

In this study, 48 swimmers are selected to enter the study. Participants are randomly assigned to four intervention and control groups and each participant is assigned a code

Settings and conduct

Tehran

Participants/Inclusion and exclusion criteria

Entry criteria: Competitive swimmers; girl; Tehran; healthy; no harm; children aged 6 to 11; adolescents aged 12 to 16; departure criteria: upper and lower ages; damage to the organs; The tendency to participate in the research

Intervention groups

8 weeks of core stabilization exercises

Main outcome variables

strength assessment trunk flexor, torsional and trunk the star balance test 50 meters and 100 meters

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20160815029373N3**

Registration date: **2017-11-29, 1396/09/08**

Registration timing: **registered_while_recruiting**

Last update: **2017-11-29, 1396/09/08**

Update count: **0**

Registration date

2017-11-29, 1396/09/08

Registrant information

Name

Parisa Sedaghati

Name of organization / entity

Guilan University

Country

Iran (Islamic Republic of)

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Email address

sedaghati@guilan.ac.ir

Recruitment status

Recruitment complete

Funding source

Islamic Azad University of Karaj Branch

Expected recruitment start date

2017-09-23, 1396/07/01

Expected recruitment end date

2017-12-21, 1396/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effect a period Core stability training on motor and athletic performance in female competitive swimmers of children and adolescents

Public title

Core stability training

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Competitive swimmers girl Tehran healthy no damage

children aged 6-11 years adolescents aged 12 to 16 years

Exclusion criteria:

upper and lower ages damage to the organs unwillingness

Age

From **6 years** old to **16 years** old

Gender

Female

Phase

N/A

Groups that have been masked

- Data analyser

Sample size

Target sample size: **48**

Randomization (investigator's opinion)

Randomized

Randomization description

Random assignment to intervention and control groups

Blinding (investigator's opinion)

Single blinded

Blinding description

data analysis

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Research Institute for Physical Education and Sport Sciences

Street address

Miremamad

City

Tehran

Province

Tehran

Postal code

1411713116

Approval date

2017-09-25, 1396/07/03

Ethics committee reference number

IRSSRI.REC1396.150

Health conditions studied

1

Description of health condition studied

healthy people

ICD-10 code

Z10.8

ICD-10 code description

Routine general health check-up of other defined subpopulations

Primary outcomes

1

Description

Central area performance

Timepoint

Before the intervention and eight weeks later

Method of measurement

McGill test

Secondary outcomes

1

Description

Sport performance

Timepoint

Before the intervention and eight weeks later

Method of measurement

The speed of swimming is 50 and 100 meters

Intervention groups

1

Description

Test group: core stability training for swimming swimmers, 8 weeks, three sessions per week.

Category

Prevention

2

Description

Control group: Normally, eight hours training sessions are practiced

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid keshad stadium tehran

Full name of responsible person

Parisa Sarlak

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University of Karaj Branch
Full name of responsible person
Doctor Amir Sarsin
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Islamic Azad University of Karaj Branch
Proportion provided by this source
100
Public or private sector
Public
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact

Name of organization / entity
Islamic Azad University of Karaj Branch
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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to

make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available