

Clinical Trial Protocol

Iranian Registry of Clinical Trials

12 Sep 2026

Comparison of the Effects of Selected Plyometric Exercises on the Unstable Level on the Results of Motor Testing and the Static and Dynamic Balance of Basketball Women

Protocol summary

Study aim

compare the effect of 8 weeks of progressive Plyometric training on unstable surface on motor function and the static and dynamic balance of female basketball players

Design

In this study, 30 basketball players will be selected to enter the study. Participants are randomly divided into intervention and control groups and assigned to each participant a code

Settings and conduct

The location of the city is Qom and the experimental group will perform the ployometric training program on the unstable surface for up to 8 weeks

Participants/Inclusion and exclusion criteria

At least two years of regular basketball practice

Intervention groups

8 weeks of progressive Plyometric training on unstable surface

Main outcome variables

static and dynamic balance with the evaluation of motor performance tests

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20160815029373N2**

Registration date: **2017-11-28, 1396/09/07**

Registration timing: **registered_while_recruiting**

Last update: **2017-11-28, 1396/09/07**

Update count: **0**

Registration date

2017-11-28, 1396/09/07

Registrant information

Name

Parisa Sedaghati

Name of organization / entity

Guilan University

Country

Iran (Islamic Republic of)

Phone

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sedaghati@guilan.ac.ir

Recruitment status

Recruitment complete

Funding source

Research Assistant, University of Guilan

Expected recruitment start date

2017-11-11, 1396/08/20

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 Effects of Selected Plyometric Exercises on the Unstable Level on the Results of Motor Testing and the Static and Dynamic Balance of Basketball Women

Public title

Plyometric Training

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Basketball player who has been on regular training

schedule for two years; Examples have no history of cardiovascular and fracture problems six months ago; All subjects are trained on the same training program

Exclusion criteria:

having problems Cardiac respiration and fracture; lack of exercise history for two years

Age

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

Gender

Female

Phase

N/A

Groups that have been masked

- Data analyser

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

Random assignment to intervention and control groups

Blinding (investigator's opinion)

Single blinded

Blinding description

Data analyzer

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Kashan University of Medical Sciences

Street address

Kashan

City

Kashan

Province

Isfahan

Postal code

8715988141

Approval date

2017-11-01, 1396/08/10

Ethics committee reference number

IR.KAUMS.REC.1396.59

Health conditions studied

1

Description of health condition studied

Healthy People

ICD-10 code

Z00.8

ICD-10 code description

Other general examinations

Primary outcomes

1

Description

Balance

Timepoint

Before the intervention and eight weeks late

Method of measurement

Balance test

Secondary outcomes

1

Description

Core Stability

Timepoint

Before the intervention and eight weeks later

Method of measurement

McGill test

Intervention groups

1

Description

Experimental Group: Eight Weeks of Plyometric Exercises on Unstable Surfaces

Category

Rehabilitation

2

Description

Control group: Perform regular basketball team workouts

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Qom City Stadiums

Full name of responsible person

Parisa Sedaghati

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Research Assistant, University of Guilan
Full name of responsible person
Dr. Seyyed Ziaeddin Mirhosseini
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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
Research Assistant, University of Guilan
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
University of Guilan
Full name of responsible person
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PHD
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Person responsible for updating data

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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