

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Jun 2026

The effect of a combined training program (Core stability and Endurance) on physical fitness factors of deaf students

Protocol summary

Summary

The current study is of clinical trial one aiming to examine the impact of the combination training course (core stability, endurance) on deaf students' physical stamina. The inclusion criteria: age of 15-18; hearing range of more than 75 db and avoidance of medicines that affect balance during research procedure. The exclusion criteria: avoidance of participating in the relevant sessions and not completing the length of training period; cardiovascular and respiratory diseases. 24 deaf students are randomly divided into 2 equal groups in number: experimental and control. The first group, after preliminary assessments of both groups, will be given an 8-week combination-training course (core stability and endurance). In order to assess those factors involved in the physical stamina, the function tests of physical fitness will be used. Both groups will be assessed again after 8 weeks.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017031233029N1**

Registration date: **2017-10-20, 1396/07/28**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-10-20, 1396/07/28

Registrant information

Name

Hamed Zarei

Name of organization / entity

University of Guilan

Country

Iran (Islamic Republic of)

Phone

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Email address

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Recruitment status

Recruitment complete

Funding source

Investigator

Expected recruitment start date

2016-04-06, 1395/01/18

Expected recruitment end date

2016-06-14, 1395/03/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of a combined training program (Core stability and Endurance) on physical fitness factors of deaf students

Public title

The effect of exercise on executive functions of deaf students

Purpose

Supportive

Inclusion/Exclusion criteria

According that the subjects are deaf, Inclusion criteria: The inclination of participation in the research; the refraining of tranquilizers or those with effects on balance; the Lack of cochlear implantation; the hearing range of more than 75 db; avoidance of exercising or any intense activities during the research; no lower limb damage background during the past 6 months or any neural or muscular complexities; no eyesight disorder; lack of any status abnormalities effective in the

procedure of the research (in the lower and upper limbs); not surgical background in the past year; not a fracture in the upper and lower limbs a year prior to research. Exclusion criteria: Lack of participation in two sequential practice sessions or in three interrupted practice sessions; the advent of Musculoskeletal pain after practice; students suffering from multiple disabilities; cardiovascular and respiratory diseases; articular system and orthopedic disorders including neck pain, backache, rheumatoid arthritis or the apparent difference in the length of the limbs

Age

From **15 years** old to **18 years** old

Gender

Male

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **24**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features

Subjects were divided into experimental and control groups based on Sealed envelopes.

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of Guilan University of Medical Sciences

Street address

Tehran Province, Tehran, Zone 7, Impasse V

City

Tehran

Postal code**Approval date**

2016-04-03, 1395/01/15

Ethics committee reference number

IR. SSRI. REC. 1396. 131

Health conditions studied**1****Description of health condition studied**

Fitness

ICD-10 code

Z02.5

ICD-10 code description

General medical examination

Primary outcomes**1****Description**

Balance

Timepoint

Before intervention and 2 months after intervention

Method of measurement

BESS Test and Y test

2**Description**

Abdominal muscle endurance

Timepoint

Before intervention and 2 months after intervention

Method of measurement

Sit-up test

3**Description**

Aerobic endurance

Timepoint

Before intervention and 2 months after intervention

Method of measurement

Step test

4**Description**

Back extensor muscle endurance

Timepoint

Before intervention and 2 months after intervention

Method of measurement

Sorensen test

Secondary outcomes**1****Description**

-

Timepoint

-

Method of measurement

-

Intervention groups

1

Description

The combined training group will attend training sessions, including core stability, muscular endurance and aerobic endurance training for 8 weeks, and their status will be evaluated before and two months after the intervention.

Category

Rehabilitation

2

Description

There is no intervention

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Baghcheban Deaf School

Full name of responsible person

Hamed Zarei

Street address

Tarbiat Moallem University side , Tarbiat Moallem Square, Guilan Blvd Rasht city

City

Rasht

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Guilan University of Medical Sciences

Full name of responsible person

Hamed Zarei

Street address

Faculty of Physical Education, University of Guilan, Km 12 Rasht-Ghazvin Road

City

Rasht

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, Guilan 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

University of Guilan

Full name of responsible person

Hamed Zarei

Position

Postgraduate

Other areas of specialty/work

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Person responsible for updating data

Contact

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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