

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The Effect of Endurance Swimming Activity on the Serum Concentration of Surfactant D and Clara Cell Proteins in Elite Swimmers

Protocol summary

Study aim

The purpose of the present study was to investigate the effect of one session of endurance swimming activity on the serum concentration of surfactant D and Clara proteins in elite swimmers.

Design

experience and control group, Community based and pragmatic, parallel group, not blinded, randomized

Settings and conduct

20 minutes of endurance training in Taleghani pool of Tabriz city and in the morning at 10 o'clock without blindness of groups

Participants/Inclusion and exclusion criteria

Swimming experience in province level and no specific disease and no smoking

Intervention groups

Intervention group: 10 elite endurance male swimmers.
Control group: 10 male who were practicing swimming with the aim of maintaining health and fitness. Both groups performed 20 minutes of endurance swimming.

Main outcome variables

Surfactant and Clara cell

General information

Reason for update

Acronym

ندارد

IRCT registration information

IRCT registration number: **IRCT20160903029678N2**

Registration date: **2018-05-05, 1397/02/15**

Registration timing: **retrospective**

Last update: **2018-05-05, 1397/02/15**

Update count: **0**

Registration date

2018-05-05, 1397/02/15

Registrant information

Name

Faramarz Yazdani

Name of organization / entity

Shahid Rajee University

Country

Iran (Islamic Republic of)

Phone

+98 21 2297 0060

Email address

f.yazdan@srttu.edu

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2016-03-19, 1394/12/29

Expected recruitment end date

2017-03-09, 1395/12/19

Actual recruitment start date

2016-03-19, 1394/12/29

Actual recruitment end date

2017-03-09, 1395/12/19

Trial completion date

empty

Scientific title

The Effect of Endurance Swimming Activity on the Serum Concentration of Surfactant D and Clara Cell Proteins in Elite Swimmers

Public title

Effect of Swimming on Respiratory

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

3 years champion experience at province Health, No smoking

Exclusion criteria:

detraining Injury during 6 months recent Cardiovascular

problem

Age
From **19 years** old to **25 years** old

Gender
Male

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **20**
Actual sample size reached: **20**

Randomization (investigator's opinion)
N/A

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Tehran University

Street address
Enghlab Avenue

City
Tehran

Province
Tehran

Postal code
00000-00000

Approval date
2016-08-26, 1395/06/05

Ethics committee reference number
IR.ut.Rec.1395015

Health conditions studied

1

Description of health condition studied
Does not apply

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Surfactent and Clarra cell

Timepoint
pretest and posttest

Method of measurement
Blood sample

Secondary outcomes

empty

Intervention groups

1

Description
Control experience: this group, which was elite, performed 20 minutes of endurance swimming

Category
N/A

2

Description
Control group: This group, which was health, performed 20 minutes of endurance swimming

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Tabriz

Full name of responsible person
Faramarz Yazdani

Street address
Shashglan Ave, Ghari Bridge

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
The University of Shahid Rajaei

Full name of responsible person
Khalil Ollah Moonikh

Street address

Lavizan, Shabanlo High way

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Khalil.moonikh@gmail.com

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

The University of Shahid Rajaei

Proportion provided by this source

10

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**

The University of Shahid Rajaei Tehran

Full name of responsible person

Faramarz Yazdani

Position

Teacher Training

Latest degree

Master

Other areas of specialty/work

Physiology

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Person responsible for updating data**Contact****Name of organization / entity**

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Full name of responsible person

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Latest degree

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Other areas of specialty/work

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Adress: Sportdezh.rzb.ir

When the data will become available and for how long

every time

To whom data/document is available

everyone

Under which criteria data/document could be used

patern

From where data/document is obtainable

Sportdezh.rzb.ir

What processes are involved for a request to access data/document

Sportdezh.rzb.ir

Comments