

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

19 Jun 2026

### The effect of interval aerobic training and interval and continuous jump rope n some physiological factors and fitness

#### Protocol summary

##### Study aim

Determine the effect of interval aerobic training, interval and continuous jump rope on selected physiological factors and fitness of adolescent girls

##### Design

The clinical trial was performed in 3 experimental groups and without control group. The samples were selected by randomized purposeful method and divided into groups by simple random method. The sample size was 45 and blindness was not done. The aim of clinical trial was to determine the effect of 8 week interval aerobic training, interval and continuous jump rope on selected physiological factors and fitness

##### Settings and conduct

Location this study ; Soltanieh City, club for exercise groups, Blindness was not done in this study . The present study was quasi- experimental with pre- test and post test design.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: Menarche ,physical Health  
Exclusion criteria: Athletic

##### Intervention groups

Interval aerobic training, Interval jump rope, and Continuous jump rope

##### Main outcome variables

body fitness, physiological factors

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20190628044045N1**  
Registration date: **2020-02-02, 1398/11/13**  
Registration timing: **retrospective**

Last update: **2020-02-02, 1398/11/13**

Update count: **0**

##### Registration date

2020-02-02, 1398/11/13

##### Registrant information

###### Name

Somaieh Noormohamadi

###### Name of organization / entity

###### Country

Iran (Islamic Republic of)

###### Phone

+98 24 3582 2820

###### Email address

somaieh990@yahoo.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2013-08-14, 1392/05/23

##### Expected recruitment end date

2014-07-11, 1393/04/20

##### Actual recruitment start date

2013-09-04, 1392/06/13

##### Actual recruitment end date

2014-07-07, 1393/04/16

##### Trial completion date

2014-12-03, 1393/09/12

##### Scientific title

The effect of interval aerobic training and interval and continuous jump rope n some physiological factors and fitness

##### Public title

The effect of interval aerobic training and interval and continuous jump rope n some physiological factors and fitness

##### Purpose

Supportive

##### Inclusion/Exclusion criteria

**Inclusion criteria:**

Reach to menarche age Physical Health

**Exclusion criteria:**

Athletic

**Age**

From **12 years** old to **15 years** old

**Gender**

Female

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **45**

Actual sample size reached: **45**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

Randomization method: Simple randomization,  
Randomization unit : individual, Randomization  
tool: Randomization with sealed envelopes. Subjects pick  
up one envelop and enter one of three groups of  
intervention by chance

**Blinding (investigator's opinion)**

Not blinded

**Blinding description**

**Placebo**

Not used

**Assignment**

Parallel

**Other design features**

**Secondary Ids**

empty

**Ethics committees**

**1**

**Ethics committee**

**Name of ethics committee**

Shahid Rajaei Teacher Training

**Street address**

shabanlu street, Lavizan, Tehran

**City**

tehran

**Province**

Tehran

**Postal code**

1678815811

**Approval date**

2013-01-09, 1391/10/20

**Ethics committee reference number**

38150

**Health conditions studied**

**1**

**Description of health condition studied**

-

**ICD-10 code**

-

**ICD-10 code description**

-

**Primary outcomes**

**1**

**Description**

flexibility

**Timepoint**

pre and post 8 week

**Method of measurement**

sport tests

**2**

**Description**

body composition

**Timepoint**

pre and post 8 week

**Method of measurement**

sport tests

**3**

**Description**

„ cardiorespiratory endurance

**Timepoint**

pre and post 8 week

**Method of measurement**

sport tests

**4**

**Description**

Muscular endurance

**Timepoint**

pre and post 8 week

**Method of measurement**

sport tests

**5**

**Description**

blood pressure

**Timepoint**

Pre and post week

**Method of measurement**

digital barometer.

**Secondary outcomes**

empty

**Intervention groups**

**1**

**Description**

Intervention group: 8 week Interval aerobic training,  
include running for 3 sessions per week and 45 minutes with

65 percent maximum heart rate

**Category**

Other

**2**

**Description**

Intervention group: 8 week Interval jump rope, 3 session per week and 30minutes with 65 percent maximum heart rate

**Category**

Other

**3**

**Description**

Intervention group: 8 week Continuous jump rope, 3 session per week and 30minutes with 65 percent maximum heart rate

**Category**

Other

**Recruitment centers**

**1**

**Recruitment center**

**Name of recruitment center**

schools of soltanieh

**Full name of responsible person**

somaieh noormohammadi

**Street address**

enghelab Ave, Sharaf school

**City**

Soltanieh

**Province**

Zanjan

**Postal code**

4513869996

**Phone**

+98 24 3582 4247

**Email**

somaieh990@yahoo.com

**Sponsors / Funding sources**

**1**

**Sponsor**

**Name of organization / entity**

Shahid Rajaei Teacher Training University

**Full name of responsible person**

Madjid Kashef

**Street address**

, Shahid Shaablou Ave, Tehran, Iran

**City**

Tehran

**Province**

Tehran

**Postal code**

1678815811

**Phone**

+98 21 2297 0060

**Fax**

**Email**

Kashef@srttu.edu

**Grant name**

-

**Grant code / Reference number**

-

**Is the source of funding the same sponsor organization/entity?**

No

**Title of funding source**

Ministry of education

**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**

Other

**Person responsible for general inquiries**

**Contact**

**Name of organization / entity**

Ministry of education

**Full name of responsible person**

Somaieh Noormohammadi

**Position**

Teacher

**Latest degree**

Master

**Other areas of specialty/work**

Ministry of education

**Street address**

2 Number, Hafez Ave, Ghazali town, Soltanieh City

**City**

Soltanieh

**Province**

Zanjan

**Postal code**

7438345516

**Phone**

+98 24 3582 2820

**Email**

Somaieh990@yahoo.com

**Person responsible for scientific inquiries**

**Contact**

**Name of organization / entity**

Ministry of education

**Full name of responsible person**

Somaieh Noormohammadi

**Position**

Teacher

**Latest degree**

Master  
**Other areas of specialty/work**  
Ministry of education  
**Street address**  
Number,Hafez Ave, Ghazali town,Soltanieh City  
**City**  
Soltanieh  
**Province**  
Zanjan  
**Postal code**  
7438345516  
**Phone**  
+98 24 3582 2820  
**Email**  
Somaieh990@yahoo.com

## Person responsible for updating data

**Contact**  
**Name of organization / entity**  
Ministry of educationl  
**Full name of responsible person**  
Somaieh Noormohammadi  
**Position**  
Teacher  
**Latest degree**  
Master  
**Other areas of specialty/work**  
Ministry of educationl  
**Street address**  
Number2,Hafez Ave, Ghazali town,Soltanieh City  
**City**

Soltanieh  
**Province**  
Zanjan  
**Postal code**  
7438345516  
**Phone**  
+98 24 3582 2820  
**Email**  
Somaieh990@yahoo.com

## 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