

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

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4513869996

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahid Rajaei Teacher Training University

Full name of responsible person

Madjid Kashef

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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

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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