

Clinical Trial Protocol

Iranian Registry of Clinical Trials

23 Jun 2026

Effect of the addition of the External Attentional cues to Basketball Specific Functional Training intervention on Selected Kinetics, and Kinematics Parameters and Electromyography of Lower Extremity During Single-leg landing in Male Basketball Players

Protocol summary

Study aim

Effect of Basketball Specific Functional Training intervention Augmented with Emphasis on External Focus of Attention Instructions on Kinetics, Kinematics and Electromyography of Lower Extremity During Single-leg landing in Male Basketball Players

Design

The statistical population of this study consisted of Iranian province basketball players consisting of 19-25 year-old male athletes. Among them, Tehran League One basketball players were selected according to the criteria of entering the research and randomly divided into three groups of Functional training and Functional training with feedback and Control group

Settings and conduct

Kharazmi University of Tehran

Participants/Inclusion and exclusion criteria

Men's basketball players have regular exercise in the last three years and BMI in normal range (18/5_25) and Active Men in the age group of 19 to 25 years ; A history of injury in the last year in the trunk and lower limbs and Presence of lower extremity abnormalities (Valgus knee, Varus knee, backward knee and flat foot) Recognizable with visual evaluation and Participating in feedback training In the last year and Existence Pain during the study or surgical history in the trunk and lower limbs and A history of vestibular, internal ear and ligament injury in the lower extremity in the last year

Intervention groups

Functional training and Functional training with feedback and Control group

Main outcome variables

Kinetics, Kinematics, Electromyography

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200119046188N1**

Registration date: **2020-01-26, 1398/11/06**

Registration timing: **registered_while_recruiting**

Last update: **2020-01-26, 1398/11/06**

Update count: **0**

Registration date

2020-01-26, 1398/11/06

Registrant information

Name

Mahla Ramezani

Name of organization / entity

Kharazmi University

Country

Iran (Islamic Republic of)

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Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-01-21, 1398/11/01

Expected recruitment end date

2020-04-20, 1399/02/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of the addition of the External Attentional cues to Basketball Specific Functional Training intervention on Selected Kinetics, and Kinematics Parameters and Electromyography of Lower Extremity During Single-leg landing in Male Basketball Players

Public title

Effect of the addition of the External Attentional cues to Basketball Specific Functional Training intervention

Purpose

Prevention

Inclusion/Exclusion criteria**Inclusion criteria:**

Men's basketball players have regular exercise in the last three years BMI in normal range (18/5_25) Active Men in the age group of 19 to 25 years

Exclusion criteria:

A history of injury in the last year in the trunk and lower limbs Presence of lower extremity abnormalities (Valgus knee, Varus knee, backward knee and flat foot) Recognizable with visual evaluation Participating in feedback training In the last year Existence Pain during the study or surgical history in the trunk and lower limbs A history of vestibular, internal ear and ligament injury in the lower extremity in the last year

Age

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

Gender

Male

Phase

N/A

Groups that have been masked

- Investigator
- Outcome assessor
- Data analyser

Sample size

Target sample size: **47**

Randomization (investigator's opinion)

Randomized

Randomization description

For the randomization method, a list of numbers that will be randomly assigned to one type of training method is provided. The group will then be assigned to each participant according to the instructions. Randomization will be done by random block method on a one-to-one basis

Blinding (investigator's opinion)

Single blinded

Blinding description

Evaluator of data on outcome variables and analyzer of laboratory data are blinded and are unaware of the allocation of study groups.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Ethics committee of Kharazmi University

Street address

No.18 , Alley one, Sarafraz Alley , Motahari Street

City

Tehran

Province

Tehran

Postal code

1587614411

Approval date

2020-01-12, 1398/10/22

Ethics committee reference number

IR.KHU.REC.1398.044

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

Effect of Basketball Specific Functional Training intervention augmented with Emphasis on External focus of attention instructions on Selected Biomechanical parameters (Kinetics and Kinematics) and Electromyography of Lower Extremity During Jump-landing in Male Basketball Players.

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

kinetics

Timepoint

pre test and post test

Method of measurement

Force Plate

2**Description**

Kinematics

Timepoint

pre test and post test

Method of measurement

Motion Analyzer

3**Description**

Electromyography

Timepoint

pre test and post test

Method of measurement

Electromyography

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: functional training group underwent a interventions for 8weeks. The Training designed in this study include eighteen exercises that will be performed over eight weeks. Functional training in this study included basic motor skills training in basketball that included jumping and landing skills, sliding, cross-over and squat types. Functional training in this study progress every two weeks

Category

Prevention

2**Description**

Intervention group: functional training group with feedback underwent a interventions for 8 weeks. In this study, verbal training appropriate to that training will be used for the subjects before and after the training. People should receive and execute feedback during the training. Feedback training used in this study consisted of 18 training that were applied verbally during the training of feedback instructions using external learning strategies.

Category

Rehabilitation

3**Description**

Control group: This group did their usual training

Category

N/A

Recruitment centers**1****Recruitment center****Name of recruitment center**

Institute of Physical Education and Sport Sciences

Full name of responsible person

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Kharazmi University

Full name of responsible person

Amir Letafatkar

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District 3, Tehran, Tehran Province

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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

Kharazmi University

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**

Kharazmi University

Full name of responsible person

Mahla Ramezani

Position

PHD Student

Latest degree

Master

Other areas of specialty/work

Others

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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

Only part of the data, such as dependent variables, The average of all samples, can be shared in scientific articles.

When the data will become available and for how long

Six months after the results were published

To whom data/document is available

Personal information is confidential and General outcomes in paper form Available to everyone..

Under which criteria data/document could be used

Information is not available to anyone. General outcomes in paper form Available to everyone.

From where data/document is obtainable

Mahla Ramezani Phone: 09356206595 Email: mahla.ramezani@gmail.com

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

Email to this Address: mahla.ramezani@gmail.com

Comments