

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Jul 2026

Investigating the effect of the quiet eye training on the motor learning of pistol shooters

Protocol summary

Study aim

Investigate the effect of the quiet eye training on the motor learning of pistol shooters

Design

The trial consisted of 20 shooters who were purposely selected and Then, were classified from the highest score to the lowest score based on the pre-test scores, people from high score to low score as one in the middle (abba method) were placed in two (10 quiet eye training and 10 technical training).

Settings and conduct

In the beginning Before performing the test, the examiner explains all the steps, how to perform the test and the exercises, to the test subject. The test site is located in Sepahan city of Isfahan and the shooter will use personal weapon during test and practice sessions. In each test session, shooters perform 10 trials at a distance of 10 meters from the target. The post test run immediately after the training and similar to the pre-test and retention test will run after the last training session.

Participants/Inclusion and exclusion criteria

record has a 545-555 , Physical safety. DO not use medical glasses.

Intervention groups

The first intervention group: The quiet eye training Group, watch a video of the elite shooter. Then they enter the shooting gym and train in 6 blocks of 10 (60 attempts) so that in each block 10 trials are practiced for 10 minutes to complete a total of 480 trials in 8 days. The second intervention group: The technical training Group, They performs 60 technical efforts for 60 minutes under the supervision of coach and on separate days from the quiet eye training group to complete a total of 480 trials in 8 days.

Main outcome variables

The results show that the quiet eye training group functional have better than the technical training group.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200223046592N1**

Registration date: **2020-04-21, 1399/02/02**

Registration timing: **retrospective**

Last update: **2020-04-21, 1399/02/02**

Update count: **0**

Registration date

2020-04-21, 1399/02/02

Registrant information

Name

Jaleh Bahramian

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 38 3333 0061

Email address

jaleh.bahramian@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-02-16, 1398/11/27

Expected recruitment end date

2020-03-17, 1398/12/27

Actual recruitment start date

2020-02-16, 1398/11/27

Actual recruitment end date

2020-03-17, 1398/12/27

Trial completion date

2020-03-17, 1398/12/27

Scientific title

Investigating the effect of the quiet eye training on the motor learning of pistol shooters

2020-02-14, 1398/11/25

Ethics committee reference number
IR.SSRC.REC.1398.132

Public title

The Effect of the quiet eye training on Functional Movement

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria:

Shooters have a record of 545-555 Shooters have Physical safety.

Exclusion criteria:

shooter use medical glasses.

Age

From **18 years** old to **24 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **10**

Actual sample size reached: **10**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

In order to avoid errors, the participants did not have information on how to intervene.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of the Research Institute of Physical Education affiliated to the Ministry of Scien

Street address

, First Floor, No. 3, Alley 5, Mir Emad St, Motahhari St, Physical Education Research Institute, Tehran, Iran

City

Tehran

Province

Tehran

Postal code

1587958711

Approval date

Health conditions studied

1

Description of health condition studied

Practical intervention to improve the quality of performance of healthy people

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Each the shooter's motor function should be improved and stabilized based on the 3-point benevolence points on the target elements, after training intervention.

Timepoint

Registration of motor function at the beginning of the study (before the intervention) 8 and 9 days after the intervention

Method of measurement

System Analysis Scatt and tracking machine vision glasses

Secondary outcomes

empty

Intervention groups

1

Description

The first intervention group: The quiet eye training Group, They watch a video of the elite shooter. Then they enter the shooting gym and train in 6 blocks of 10 (60 attempts) so that in each block 10 trials are practiced for 10 minutes to complete a total of 480 trials in 8 days.

Category

Behavior

2

Description

The second intervention group: Control group: The technical training Group, They performs 60 technical efforts for 60 minutes under the supervision of coach and on separate days from the quiet eye training group to complete a total of 480 trials in 8 days.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Sepahan City Olympic Shooting Gym

Full name of responsible person

jaleh Bahramian

Street address

No 10, Shahid Steki Blvd, Sarcheshmeh

City

Shrekord

Province

Chahar-Mahal-va-Bakhtiari

Postal code

8818745414

Phone

+98 38 3333 1273

Email

jaleh.bahramian@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University Central Tehran Branch

Full name of responsible person

jaleh bahramian

Street address

Islamic Azad University Central Tehran Branch, Velay Complex, Shahid Sohani St, Blvd Artesh, Highway Imam Ali, Tehran

City

Tehran

Province

Tehran

Postal code

1955847881

Phone

+98 21 4460 0200

Email

jaleh.bahramian@gmail.com

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

No

Title of funding source

Personal

Proportion provided by this source

100

Public or private sector

Private

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

Islamic Azad University Central Tehran Branch

Full name of responsible person

jaleh Bahramian

Position

candidate of phd of motor behavior

Latest degree

Ph.D.

Other areas of specialty/work

Others

Street address

No 10, Shahid Steki Blvd, Sarcheshmeh,Shahrekord

City

Shahrekord

Province

Chahar-Mahal-va-Bakhtiari

Postal code

8818745414

Phone

+98 38 3333 1273

Email

jaleh.Bahramian@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Islamic Azad University of Central Tehran Branch

Full name of responsible person

jaleh Bahramain

Position

Sports expert

Latest degree

Ph.D.

Other areas of specialty/work

Others

Street address

No 10, Shahid Steki Blvd, Sarcheshmeh

City

Shahrekord

Province

Chahar-Mahal-va-Bakhtiari

Postal code

8818745414

Phone

+98 38 3333 1273

Email

jaleh.bahramian@gmail.com

Person responsible for updating data

Contact

Name of organization / entity

Islamic Azad University of Central Tehran Branch

Full name of responsible person

jaleh bahramian

Position

candidate student of phd of motor behavior

Latest degree

Ph.D.

Other areas of specialty/work

Others

Street address

No 10, Shahid Steki Blvd, Sarcheshmeh

City

shahrekord

Province

Chahar-Mahal-va-Bakhtiari

Postal code

8818745414

Phone

0098383333127

Email

jaleh.bahramian@gmail.com

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

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

No more information

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable