

# 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

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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

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**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

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## Person responsible for scientific inquiries

### Contact

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**Position**

Sports expert

**Latest degree**

Ph.D.

**Other areas of specialty/work**

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## Person responsible for updating data

### Contact

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Islamic Azad University of Central Tehran Branch

**Full name of responsible person**

jaleh bahramian

**Position**

candidate student of phd of motor behavior

**Latest degree**

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**Other areas of specialty/work**

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**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