

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Effects of monocomponent and multi component moderate intensity interval training on balance and speed among amateur athletes

#### Protocol summary

##### Study aim

To determine the effectiveness of monocomponent and multicomponent moderate intensity interval training on balance and speed in amateur athletes.

##### Design

study is RCT with single assignment used. Participants were the blinded party so it is single blind study. Participants were assigned at random and lottery method used

##### Settings and conduct

the study is set in pakistan sports board in lahore and the participants were blinded about which group they were part of. It is conducted by a person as part of postgraduate thesis

##### Participants/Inclusion and exclusion criteria

Inclusion Criteria • Both genders • Age between 15 years to 35 years • Amateur athlete (must play chosen sport regularly & train at least 4 days per week) • No history of head injury in the last 6 months (10) • Able to adhere to instructions given • Non smokers Exclusion Criteria: • Injured athlete • Professional sportsperson • Novice • Diabetic athletes • Cardiac or Respiratory issues • Any lower extremity musculoskeletal injuries in the past 6 months (10) • Chronic injuries of lower limb

##### Intervention groups

1.Monocomponent exercise group 2. multicomponent exercise group

##### Main outcome variables

1. speed 2. balance measured using SEBT modified

#### General information

##### Reason for update

##### Acronym

MIIT

##### IRCT registration information

IRCT registration number: **IRCT20231229060561N1**

Registration date: **2024-01-03, 1402/10/13**

Registration timing: **registered\_while\_recruiting**

Last update: **2024-01-03, 1402/10/13**

Update count: **0**

##### Registration date

2024-01-03, 1402/10/13

##### Registrant information

###### Name

Aqsa Cheema

###### Name of organization / entity

Riphah International University lahore

###### Country

Pakistan

###### Phone

+92 343 4592610

###### Email address

sibghaanum999@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2023-12-20, 1402/09/29

##### Expected recruitment end date

2024-01-30, 1402/11/10

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effects of monocomponent and multi component moderate intensity interval training on balance and speed among amateur athletes

##### Public title

Effects of monocomponent and multi component moderate intensity interval training on balance and speed among amateur athletes

##### Purpose

Education/Guidance

## Inclusion/Exclusion criteria

### Inclusion criteria:

- Both genders Age between 15 years to 35 years Amateur athlete (must play chosen sport regularly & train at least 4 days per week) No history of head injury in the last 6 months Able to adhere to instructions given Non smokers

### Exclusion criteria:

- Injured athlete Professional sportsperson Novice Diabetic athletes Cardiac or Respiratory issues Any lower extremity musculoskeletal injuries in the past 6 months

## Age

From **15 years** old to **35 years** old

## Gender

Both

## Phase

0

## Groups that have been masked

*No information*

## Sample size

Target sample size: **24**

More than 1 sample in each individual

Number of samples in each individual: **2**

one at the start of intervention. 2nd at 6 weeks when the intervention program ended

## Randomization (investigator's opinion)

Randomized

## Randomization description

Simple randomization process where lottery method will be used to assign the participants and allocation concealed by sealed envelope method. unit of randomization is individual

## Blinding (investigator's opinion)

Not blinded

## Blinding description

## Placebo

Not used

## Assignment

Single

## Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Research and Ethics committee

##### Street address

25 Raza Saeed Rd, Bhabra Block M Gulberg III, Lahore, Punjab 25-M block Lahore

##### City

Lahore

##### Postal code

54660

#### Approval date

2023-08-03, 1402/05/12

## Ethics committee reference number

REC/RCR & AHS/23/0451

## Health conditions studied

### 1

#### Description of health condition studied

Improvement in balance and speed of athletes using 2 different intervention strategies

#### ICD-10 code

#### ICD-10 code description

## Primary outcomes

### 1

#### Description

the improvement in speed and balance among amateur athletes after a 6 week multicomponent vs monocomponent MIIT program

#### Timepoint

6 weeks. Speed and Balance measured once at start of trial and once at the end of 6 weeks

#### Method of measurement

1. sprint test 2. SEBT modified

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group 1

#### Category

Treatment - Other

### 2

#### Description

Intervention group 2

#### Category

Treatment - Other

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Pakistan Sports Board

##### Full name of responsible person

Aqsa Khalil Cheema

##### Street address

PSB, Qaddafi stadium, lahore+=

##### City

Lahore

##### Postal code

54810

**Phone**  
+92 42 99232074  
**Email**  
infopsb@sports.gov.pk

## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**  
Riphah International University  
**Full name of responsible person**  
Dr. Muhammad Hashim  
**Street address**  
Riphah International University Gulberg III campus  
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54660  
**Phone**  
+92 323 4071564  
**Email**  
muhammad.hashim@riphah.edu.pk  
**Web page address**  
<https://riphah.edu.pk/>

#### Grant name

**Grant code / Reference number**

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

Yes

#### Title of funding source

Riphah International University

#### 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

Academic

## Person responsible for general inquiries

#### Contact

**Name of organization / entity**  
Riphah International University  
**Full name of responsible person**  
Aqsa Khalil Cheema  
**Position**  
Student  
**Latest degree**  
Bachelor  
**Other areas of specialty/work**  
Physiotherapy  
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## Person responsible for scientific inquiries

#### Contact

**Name of organization / entity**  
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## Person responsible for updating data

#### Contact

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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