Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The Effects of the recommended sport for all program on physical fitness and general health of male staff .

Protocol summary

Summary

This study examines the impact of the proposed eight-week general exercise on physical fitness and general health and welfare of male employees is Yasuj city This clinical trial was conducted in 1389 in the State Welfare Organization Yasuj. Of 130 male employee welfare Yasuj, 90 students voluntarily participated in the study. Randomly divided into intervention and control groups. Using field tests Ayfrd (sit-up, pull-up, standing broad jump, Speed of 45 m ,agility and 540 m run) using a questionnaire and physical fitness, general health of the subjects was measured. The proposed model of group intervention Sport three sessions per week for 8 weeks and did. It includes jogging, stretching, movement, speed, endurance and movement was cool. During the training period, the control group did no regular exercise. After 8 weeks of exercise, all variables were measured again.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201112318559N1**
Registration date: **2012-03-07, 1390/12/17**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2012-03-07, 1390/12/17

Registrant information

Name
Shapour Anbari
Name of organization / entity
Behzisti
Country
Iran (Islamic Republic of)
Phone
+98 74 1222 0127
Email address
torkfar@iaushiraz.ac.ir

Recruitment status

Recruitment complete

Funding source

Welfare Organization Yasuj

Expected recruitment start date

2010-12-31, 1389/10/10

Expected recruitment end date

2011-03-01, 1389/12/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effects of the recommended sport for all program on physical fitness and general health of male staff .

Public title

The Effects sport for all on physical fitness

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion Criteria: Male؛ Behzisty Cleark؛ Healthy Cleark؛ Administering Pre test Exclusion Criteria: Participating in periodical workout؛ Emplyees less than sixty years؛ Employees without damage؛ Administering Post test

Age

From **22 years** old to **55 years** old

Gender

Male

Phase

N/A

Groups that have been masked
No information
Sample size
Target sample size: **90**
Randomization (investigator's opinion)
Randomized
Randomization description
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
Fars Science and Research Branch، Islamec Azad University
Street address
Fars Science and Research Branch, Islamec Azad university، Kilometr18 Dorodzan, Marvdasht
City
Marvdasht
Postal code
Approval date
2010-12-24, 1389/10/03
Ethics committee reference number
48121404891001

Health conditions studied

1

Description of health condition studied
General Health
ICD-10 code
F50-F59
ICD-10 code description
Behavioural syndromes associated with physiological disturbances and physical factors

Primary outcomes

1

Description
Physical Fitness
Timepoint
Pre onset training، After2 mounth of onset training
Method of measurement
The physical fitness of the subjects were estimated using individual fied test aahperd measurement

2

Description
General Health
Timepoint
Pre onset training، After2 mounth of onset training
Method of measurement
Questionnaire (GHQ-28), General Health us measured

Secondary outcomes

1

Description
Muscle Endurance, Muscle power, Speed, Agility, Cardio – Respiratory Endurance
Timepoint
Pre onset training، After 2 mounth of onset training
Method of measurement
The physical fitness of the subjects were estimated using individual fied test(sit-up, pull-up, 540meter Run, 45meter Dash, Standing broad jump, Agility)and use of us pre-test and post-test measured

2

Description
General Health
Timepoint
Pre onset training، After 2 mounth of onset training
Method of measurement
use of Questionnaire (GHQ), General Health us pre-test and post-test measured

Intervention groups

1

Description
In the current research the height is measured by height scales and the weight is also measured by a standard scale almost all without clothes. In order to measure the percent of body fat three locations (chest,under shoulder and arm muscel)were measured by caliper, Jackson & Polack Formula. Examinees in intervention group took part in an eight-week period of public sports exercise (3 days a week – each day 80 minutes) including 25 minutes of jogging, 10 minutes of stretching, 10 minutes of warm-up exercise , 10 minutes of speed exercise along with break, 10 minutes of tolerance activities and 10 minutes of cooling off activities. Taking into acount the primary physical ability of examinees , the first rounds of exercises were done in non-intensive manner and gradually making them more intense in latter sessions. In the primary sessions the examinees were run for 25 minutes with the 50 percent intensity of heart beat maximum. After each two weeks the severity of exercises was added and stretching was supplementary to after-running activity. In the first weeks, underwent sit-up three times a day (each time 10 acceptable movement). Gradually it became more sever so that in the final weeks they did 40 to 50 act of sit-up test . in

order to help the back and shoulder muscles stamina, the press-up test and pull-uphang test were adopted. In the first week, the examinees practiced the press-up test three times, with ten movements in each. Gradually one or two movements added to the practice. After the first week, the pull-up hang test was acompanied with press-up test. In the first week the speed practices were done 6 times a week win 10 meter distances. In the fourth week the distance reached 20 meters. It is worth mentioning that to prevent examinees exhaustion the practices were done in a variety of manners. After each session the cooloing activities such as jogging and simple stretching activities were done for ten minutes.

Category

Other

2

Description

In the current research the height is measured(control group) by height scales and the weight is also measured by a standard scale almost all without clothes. The body mass index is obtained by the proportion of body weight (kg) and square of body height (meter). In order to measure the percent of body fat three locations (chest,under shoulder and arm muscel)were measured by caliper, Jackson & Polack Formula . the examinees in the control group were asked not to practice regularly in 8 weeks. After each two weeks a meeting was held to ensure the researcher of control groups irregular sport activities.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Behzisti Organization

Full name of responsible person

Street address

City

Yassouj

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

State Welfare Organization Kohgilouye & Boyer Ahmad

Full name of responsible person

Fathollah Mansourian

Street address

State Welfare Organization, Street Military, Yasuj

City

Yasuj

Grant name

Grant code / Reference number

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

Yes

Title of funding source

State Welfare Organization Kohgilouye & Boyer Ahmad

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Behzisti

Full name of responsible person

Alireza Mosave Amjad

Position

Expert Behzisty Kohgilouye& Boyer Ahmad، (M.A)Clinical Psycology

Other areas of specialty/work

Street address

Behzisti, pasdaran Street, Yassouj

City

Yassouj

Postal code

Phone

+98 74 1222 0751

Fax

Email

shhin.ahmadi58@gmail.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Islamic Azad Uneversity

Full name of responsible person

Mehrzad Moghadasi

Position

Assistant Professor Islamic Azad uneversity shiraz، (PHD) Exercis Physiology

Other areas of specialty/work

Street address

Islamic Azad Uneversity, Northen Ghaani Street, Shiraz

City

Shiraz

Postal code

Phone

+98 71 1234 2023

Fax

Email

moghadasi39@yahoo.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Medecian Scienses Uneversity

Full name of responsible person

GHasem Hadinea

Position

Other areas of specialty/work

Street address

City

Postal code

Phone

+98 74 1334 3189

Fax

Email

Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty