Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

The effect of interval aerobic training and interval and continuous jump rope n some physiological factors and fitness

Protocol summary

Study aim
Determine the effect of interval aerobic training, interval and continuous jump rope on selected physiological factors and fitness of adolescent girls

Design
The clinical trial wasperformed in 3 experimental groups and without control group. The samples were selected by randomized purposeful method and divided into groups by simple random method.The sample size was 45 and blindness was not done.The aim of clinical trial was to determine the effect of 8 week interval aerobic training, interval and continuous jump rope on selected physiological factors and fitness

Settings and conduct
Location this study ; Soltanieh City,club for exercise groups,Blindness was not done in this study . The present study wasquasi- experimental with pre- test and post test design.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Menarche ,physical Health
Exclusioncriteria:Athletic

Intervention groups
Interval aerobic training, Interval jump rope, and Continuous jump rope

Main outcome variables
body fitness, physiological factors

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20190628044045N1**
Registration date: **2020-02-02, 1398/11/13**
Registration timing: **retrospective**

Last update: **2020-02-02, 1398/11/13**
Update count: **0**

Registration date
2020-02-02, 1398/11/13

Registrant information
Name
Somaieh Noormohamadi
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 24 3582 2820
Email address
somaieh990@yahoo.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2013-08-14, 1392/05/23

Expected recruitment end date
2014-07-11, 1393/04/20

Actual recruitment start date
2013-09-04, 1392/06/13

Actual recruitment end date
2014-07-07, 1393/04/16

Trial completion date
2014-12-03, 1393/09/12

Scientific title
The effect of interval aerobic training and interval and continuous jump rope n some physiological factors and fitness

Public title
The effect of interval aerobic training and interval and continuous jump rope n some physiological factors and fitness

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria:

Reach to menarche age Physical Health
Exclusion criteria:
Athletic

Age
From **12 years** old to **15 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **45**
Actual sample size reached: **45**

Randomization (investigator's opinion)
Randomized

Randomization description
Randomization method:Simple randomization, Randomization unit :individual, Ranodomization tool:Randomization with sealed envelopes.Subjects pick up one envelop and enter one of three gruops of entervention by chance

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
Shahid Rajaee Teacher Training

Street address
shabanlu street, Lavizan,Tehran

City
tehran

Province
Tehran

Postal code
1678815811

Approval date
2013-01-09, 1391/10/20

Ethics committee reference number
38150

Health conditions studied

1

Description of health condition studied
-

ICD-10 code
-

ICD-10 code description
-

Primary outcomes

1

Description
flexibility

Timepoint
pre and post 8 week

Method of measurement
sport tests

2

Description
body composition

Timepoint
pre and post 8 week

Method of measurement
sport tests

3

Description
,, cardiorespiratoryendurance

Timepoint
pre and post 8 week

Method of measurement
sport tests

4

Description
Muscular endurance

Timepoint
pre and post 8 week

Method of measurement
sport tests

5

Description
blood pressure

Timepoint
Pre and post week

Method of measurement
digital barometer.

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group:8 week Interval aerobic training, includ runing for 3 session per week and 45 minutes with

65 percent maximum heart rate

Category

Other

2

Description

Intervention group: 8 week Interval jump rope, 3 session per week and 30minutes with 65 percent maximum heart rate

Category

Other

3

Description

Intervention group: 8 week Continuous jump rope, 3 session per week and 30minutes with 65 percent maximum heart rate

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

schools of soltanieh

Full name of responsible person

somaieh noormohammadi

Street address

enghelab Ave, Sharaf school

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4513869996

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Email

somaieh990@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahid Rajaee Teacher Training Uneversity

Full name of responsible person

Madjid Kashef

Street address

, Shahid Shaablou Ave, Tehran, Iran

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Fax

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Kashef@srttu.edu

Grant name

-

Grant code / Reference number

-

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

No

Title of funding source

Ministry of education

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

Other

Person responsible for general inquiries

Contact

Name of organization / entity

Ministry of education

Full name of responsible person

Somaieh Noormohammadi

Position

Teacher

Latest degree

Master

Other areas of specialty/work

Ministry of education

Street address

2 Number,Hafez Ave, Ghazali town,Soltanieh City

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Person responsible for scientific inquiries

Contact

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Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

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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