



*In The Name of God*

Sport Sciences Research Institute of Iran  
Ministry of Science, Research & Technology

Date : 10/11/2022

No : 11/56447

### Ethics Approval of Research

Trace Code  
110737

This is to certify that the research project entitled '**The effect of 8 weeks of high-intensity functional training, high-intensity interval training, and moderate-intensity aerobic training on physical and mental fitness in students of Imam Ali Officers University**' provided by *Mr. Sajad Mohammad Yari* has been reviewed in Research Ethics Committee of Sport Sciences Research Institute and was approved according to compliance with *Ethical Standards in Research* of the Ministry of Science, Research and Technology, with the code ***IR.SSRI.REC.1401.1534***

  
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