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| **PERSONAL INFORMATION** | |
|  | **Kayvan khoramipour** |
|  | Kerman, Iran  [K.khoramipour@gmail.com](mailto:K.khoramipour@gmail.com) |
|  | [K.khoramipour@kmu.ac.ir](mailto:K.khoramipour@kmu.ac.ir) |
|  | https://scholar.google.com/citations?user=daxR6hQAAAAJ&hl=en |
| **EDUCATION AND TRAINING**  2016 Visiting Scholar   * I spent 7 months in the USA, visiting universities like Johns Hopkins and the University of Florida. Supported by Iranian government funding for distinguished Ph.D. students, I engaged with labs and communicated with professors | |
| 2014- 2019 | PhD |
|  | * PhD in exercise physiology, University of Tehran (Iran).   + GPA: 19.2/20. First GPA among the students of the same enrolment year |
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| 2012-2014 | Master |
|  | * Master in exercise physiology, Department of exercise physiology, Shahid Beheshti University (Iran).   + GPA: 18.56/20. First GPA among the students of the same enrollment year. |
| 2008-2012 | Bachelor |

* Bachelor in biology. Department of biology. University of Kurdistan (Iran).

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| **EXPERIENCE**  ***Academic***  June 2020- presentAssistant professor   * Physiology and pharmacology department, Kerman university of Medical Sciences | |
| 2019-2022 | Lecturer   * University of Tehran, Department of exercise physiology   + Teach statistics and research methods for master student of exercise physiology. |
| 2015-present | Lecturer   * Iran national Basketball federation   + Teach physiology, exercise science related course and practical basketball for basketball coaches |

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| 2014-2017 | Lecturer   * Iran national sport for all federation   + Teach training program design, nutrition, anatomy and physiology courses for coaches |

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| 2014-2017 | Lecturer   * Azad University (Iran)   + Teach physiology related courses for bachelor students of sport science |

## Non-academic

## 2023-present Strength and conditioning coach, Averta basketball team

## 2021-2022 Strength and conditioning coach, Mes basketball team

2021Strength and conditioning coach, Iran national basketball team (under 16)

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| 2013-2020 | | Strength and conditioning counsellor in basketball teams   * Various teams (Kurdistan Heaiat, Shahid beheshti University, University of Tehran,…) | |
| April 2019-November 2019 | | Personal trainer   * Otan gym | |
| 2016-2017 | Personal trainer   * R8 fitness club | | |
| 2014-2016 | Group class trainer   * PAAD fitness club | |

2005-2012 Professional basketball player

* Various teams

# PUBLICATIONS

## Peer review journal (accepted)

1. Hossein Pirani, Afsaneh Soltani, Maryam Hossein Rezaei, Adeleh Khodabakhshi Fard, Rohollah Nikooei, Karim Chamari, **Kayvan Khoramipour** **(corresponding author).** High intensity interval training ameliorates autophagy in rats with type 2 diabetes: is lactate a player?. Scientific Reports. Accepted in November 2023.
2. Hamed Rezaeinasab, Abdolhamid Habibi, Ramin Rezaei, Aref Basereh, Salva Reverentia Yurista, **Kayvan Khoramipour (corresponding author).** Endurance training and pyruvate dehydrogenase kinase 4 (PDK4) inhibition combination is superior to each one alone in attenuating hyperketonemia/ketoacidosis in diabetic rats. Proceedings of the National Academy of Sciences, India Section B Biological Sciences. Accepted in September 2023.
3. Shadan Saberi, Majid Askaripour, Mohammad Khaksari, Mohammad Amin Rajizadeh, Mohammad Abbas Bejeshk, Mohammad Akhbari, Elham Jafari, **Kayvan Khoramipour (corresponding author).** Exercise training improves diabetic renal injury by reducing fetuin-A, oxidative stress and inflammation in type 2 diabetic rats.Heliyon. Accepted in September 2023.
4. Siyavash Joukar, Mohammad Amin Rajizadeh, Mohammad Abbas Bejeshk, Samaneh sadat Alavi, Fatemeh Bagheri, Mohammad Rami, **Kayvan Khoramipour (corresponding author)**. ATP-releasing channels could mediate the ameliorating effect of high-intensity interval training on diabetic heart: A functional, histopathological, and molecular study. Experimental and molecular pathology. Accepted in September 2023.

## Peer review journal (Published)

1. Kayvan khoramipour **(corresponding author)**, Maryam Hossein Rezaei, Elham Madadizadeh, Mahdieh Sadat Hosseini, Zahra Soltani, Janis Schierbauer, Othmar Moser. High intensity interval training can ameliorate hypothalamic appetite regulation in male rats with type 2 diabetes: the role of leptin. Cellular and Molecular Neurobiology 10.1007/s10571-023-01421.
2. Rajizadeh MA, Moslemizadeh A, Hosseini MS, Rafiei F, Soltani Z, **Khoramipour K** **(corresponding author).** Adiponectin receptor 1 could explain the sex differences in molecular basis of cognitive improvements induced by exercise training in type 2 diabetic rats. Scientific Reports. 2023 Sep 27;13(1):16267.
3. Herz D, Haupt S, Zimmer RT, Wachsmuth NB, Schierbauer J, Zimmermann P, Voit T, Thurm U, **Khoramipour K**, Rilstone S, Moser O. Efficacy of Fasting in Type 1 and Type 2 Diabetes Mellitus: A Narrative Review. Nutrients. 2023 Aug 10;15(16):3525.
4. Ebrahimnezhad N, Nayebifar S, Soltani Z, **Khoramipour K (corresponding author)**. High-intensity interval training reduced oxidative stress and apoptosis in the hippocampus of male rats with type 2 diabetes: The role of the PGC1α-Keap1-Nrf2 signaling pathway. Iranian Journal of Basic Medical Sciences. 2023;26(11):1313.
5. Rami M, Rahdar S, Azimpour M, **Khoramipour K**. The effect of high intensity interval training on FOXO3, PI3K and AKT proteins content in heart muscle of type two diabetic rats. Journal of Practical Studies of Biosciences in Sport. 2023 Sep 23;11(27):8-21.
6. Rezaei MH, Madadizadeh E, Aminaei M, Abbaspoor M, Schierbauer J, Moser O, **Khoramipour K** **(corresponding author)**, Chamari K. Leptin signaling could mediate hippocampal decumulation of beta-amyloid and tau induced by high-intensity interval training in rats with type 2 diabetes. Cellular and Molecular Neurobiology. 2023 Oct;43(7):3465-78.
7. Rajizadeh MA, Hosseini MH, Bahrami M, Hosseini NS, Rostamabadi F, Bagheri F, **Khoramipour K**, Najafipour H, Bejeshk MA. Comparison of preventive and therapeutic effects of continuous exercise on acute lung injury induced with methotrexate. Experimental Physiology. 2023 Sep;108(9):1215-27.
8. Daryanoosh F, Alishavandi H, Nemati J, Basereh A, Jowhari A, Asad-Manesh E, Oliveira R, Brito JP, Prieto-González P, García-Calvo T, **Khoramipour K (corresponding author)**. Effect of interval and continuous small-sided games training on the bio-motor abilities of young soccer players: a comparative study. BMC Sports Science, Medicine and Rehabilitation. 2023 Dec;15(1):1-0.
9. Burtscher J, Soltany A, Visavadiya NP, Burtscher M, Millet GP, **Khoramipour K (****corresponding author),** Khamoui AV. Mitochondrial stress and mitokines in aging. Aging Cell. 2023:e13770.
10. Rami M, Azimpour M, **Khoramipour K**. The effect of 8 weeks of High Intensity Interval Training on the Levels of Wnt and NF-κB proteins in the heart tissue of male Wistar rats with type 2 diabetes. Journal of Sport and Exercise Physiology. 2023;15(4/19):30.
11. **Kayvan Khoramipour**, Mohammad Abbas Bejeshk, Mohammad Amin Rajizadeh, Hamid Najafipour, Padideh Dehghan. High-intensity interval training ameliorate diabetes-induced disturbances in Alzheimer's-related factors in the hippocampus through adiponectin signaling. Molecular neurobiology. 2023 Jun;60(6):3486-3495.

# Suzuki K, Hekmatikar AH, Jalalian S, Abbasi S, Ahmadi E, Kazemi A, Ruhee RT, Khoramipour K (corresponding author). The Potential of Exerkines in Women’s COVID-19: A New Idea for a Better and More Accurate Understanding of the Mechanisms behind Physical Exercise. International Journal of Environmental Research and Public Health. 2022 Nov 24;19(23):15645.

1. Rajabi A, Khajehlandi M, Siahkuhian M, Akbarnejad A, **Khoramipour K (corresponding author),** Suzuki K. Effect of 8 Weeks Aerobic Training and Saffron Supplementation on Inflammation and Metabolism in Middle-Aged Obese Women with Type 2 Diabetes Mellitus. Sports. 2022 Oct 30;10(11):167.
2. Orumiyehei A, **Khoramipour K**, Rezaei MH, Madadizadeh E, Meymandi MS, Mohammadi F, Chamanara M, Bashiri H, Suzuki K. High-Intensity Interval Training-Induced Hippocampal Molecular Changes Associated with Improvement in Anxiety-like Behavior but Not Cognitive Function in Rats with Type 2 Diabetes. Brain Sciences. 2022 Sep 23;12(10):1280.
3. Rami M, Rahdar S, Azimpour M, **Khoramipour K**. The effect of high intensity interval training (HIIT) on PI3K-AKT-FOXO3 protein content in heart muscle of type 2 diabetic model rats. Journal of Practical Studies of Biosciences in Sport. 2022 Oct 10.
4. Saheli M, **Khoramipour K** (**corresponding author)**, Vosough M, Piryaei A, Rahmati M, Suzuki K. Athletes’ Mesenchymal Stem Cells Could Be the Best Choice for Cell Therapy in Omicron-Infected Patients. Cells. 2022 Jun 14;11(12):1926.
5. Masoud Rahmati, Mahdieh Molanouri Shamsi, **Kayvan Khoramipour**, Fatemeh Malakouti, Wongi Woo, Seoyeon Park, Dong Keon Yon, Seung Won Lee, Jae I, Shin, Lee Smith. Baseline physical activity is associated with reduced mortality and disease outcomes in COVID‐19: A systematic review and meta‐analysis. Reviews in Medical Virology. 2022;e2349.
6. **Kayvan Khoramipour (corresponding author)**, Madadizadeh E, Aminaei M. The effect of high-intensity interval training on cognitive and memory impairments in obesity and diabetes: A review study. RJMS. 2022; 29 (2).
7. Agha-Alinejad H, Ahmadi Hekmatikar AH, Ruhee RT, Shamsi MM, Rahmati M, **Khoramipour K (corresponding author)**, Suzuki K. A Guide to Different Intensities of Exercise, Vaccination, and Sports Nutrition in the Course of Preparing Elite Athletes for the Management of Upper Respiratory Infections during the COVID-19 Pandemic: A Narrative Review. International Journal of Environmental Research and Public Health. 2022 Feb 8;19(3):1888.
8. Najafipour H, Sabahi A, **Khoramipour K,** Shahrokhabad MS, Banivaheb G, Shadkam M, Mirzazadeh A. Prevalence, Incidence and Health Impacts of Sleep Disorders on Coronary Artery Disease Risk Factors: Results of a Community-Based Cohort Study (KERCADRS). Iranian Journal of Psychiatry. 2022 Jun 19;17(3):247-56.
9. Hoseinrezaie M, **Khoramipour Kayvan (corresponding author),** Abbaspour M. The effect of exercise on appetite hormones in obesity and diabetes with an emphasis on the role of leptin in adipose tissue and hypothalamus cross talk: A systematic review study. Sport Physiology. Volume 14, No 54, 2022, Page 47-80.
10. **Khoramipour Kayvan (corresponding author)**, Øyvind Sandbakk, Ammar Hassanzadeh Keshteli, Abbas Ali Gaeini, David S. Wishart, and Karim Chamari. "Metabolomics in Exercise and Sports: A Systematic Review." Sports Medicine (2021): 1-37.
11. **Khoramipour Kayvan**, Abbas Ali Gaeini, Elham Shirzad, Kambiz Gilany, Saeed Chashniam, and Øyvind Sandbakk. "Metabolic load comparison between the quarters of a game in elite male basketball players using sport metabolomics." European Journal of Sport Science 21, no. 7 (2021): 1022-1034.
12. **Khoramipour Kayvan (corresponding author)**, Abbas Katanchi, Masoud Hajirasouli, Laleh Behbudi, Aref Basereh, Pooneh Dehghan, Mehdi Khaled, and Karim Chamari. "Combined training in patient with aids: improved quality of life and preserved BDNF." Sport Sciences for Health (2021): 1-8.
13. **Khoramipour Kayvan**, Abbas Ali Gaeini, Elham Shirzad, Kambiz Gilany, Karim Chamari, and Øyvind Sandbakk. "Using Metabolomics to Differentiate Player Positions in Elite Male Basketball Games: A Pilot Study." Frontiers in Molecular Biosciences 8 (2021): 417.
14. **Khoramipour Kayvan**, Karim Chamari, Amirhosein Ahmadi Hekmatikar, Amirhosein Ziyaiyan, Shima Taherkhani, Nihal M. Elguindy, and Nicola Luigi Bragazzi. "Adiponectin: Structure, physiological functions, role in diseases, and effects of nutrition." Nutrients 13, no. 4 (2021): 1180.
15. Khajehlandi, Mojdeh, Lotfali Bolboli, Marefat Siahkuhian, Mohammad Rami, Mohammadreza Tabandeh, **Kayvan Khoramipour**, and Katsuhiko Suzuki. "Endurance training regulates expression of some angiogenesis-related genes in cardiac tissue of experimentally induced diabetic rats." Biomolecules 11, no. 4 (2021): 498.
16. Baghersad Renani Leila, **Kayvan Khoramipour**, Amir Hossein Ahmadihekmatkar, Saeed Rahmaty, and Abbas Ali Gaeini. "Adiponectin, Disease, and Exercise: A Narrative Review." Iranian Journal of Endocrinology and Metabolism 22, no. 3 (2020): 194-206.
17. **Kayvan Khoramipour**, Amirhossein AhmadiHekmatikar, Martin Burtscher\*. Indoor exercises during the COVID-19 pandemic: Practical considerations. A letter to editor. European Journal of Public health (November 2020).
18. **Kayvan khoramipour**, Abbas Ali Gaeini\*, Elham Shirzad, Kambiz Gilany, Øyvind Sandbakk. Metabolic load comparison between the quarters of a game in elite male basketball players using sport metabolomics. European Journal of Sport Science. 2020 Aug 4:1-21.
19. **Kayvan Khoramipour,** Aref Basereh, Amirhoseein Ahmadi Hekmatikar, Lindy Castell, Katsuhiko Suzuki\*. Physical activity and nutrition guidelines to help with the fight against 2019-nCoV. Journal of Sports Sciences. 2020 Aug 27:1-7.
20. Nicola Luigi Bragazzi, **Kayvan Khoramipour (corresponding author),** Anis Chaouachi, Karim Chamari. Towards sportomics: shifting from sport genomics to sports post -genomics and metabolomics specialties. Promises, challenges and future perspectives. International journal of sport physiology and performance as an editorial. 2020 Sep 22;1(aop).
21. **Kayvan khoramipour**, Amirhossein Ahmadi\*, Hadi Stovan. A brief overview of Fatmax and MFO in Exercise. Razi Journal of Medical Science, Volume 27, Issue 3 (5-2020).
22. **Kayvan Khoramipour**, Abbas Ali Gaeini\*, Elham Shirzad. Comparison the metabolic changes in backcourt and frontcourt basketball players in response to a basketball game using metabolomics. Journal of Sport physiology and management investigation, 2020, 12 (1).
23. **Kayvan khoramipour**, Abbas Ali Gaeini\*, Kambiz Gilany. Metabolonmics application in sport and exercise: a systematic review and future perspective. Iranian Journal of Endocrinology and Metabolism. 2019; 21(2).
24. **Kayvan Khorampour**, Pooneh Dehghan\*, Mostafa Saburi, Atabak Shahed, Aref Basereh. Acute effect of submaximal cycling activity with blood flow restriction on superoxide dismutase and plasma glutathione peroxidase enzymes in healthy men: a pilot study. Medicina dello Sport 2017 June;70(2):176-85.
25. Basereh A\*, Ebrahim KH, Hovanloo F, Dehghan P, **Khoramipour K** . Effect of Blood flow restriction deal during isometric exercise on growth hormone and testosterone in active men. Sport physiology, Spring 2017, Volume 9, Number 33.
26. **Khoramipour K (corresponding author)**, Ebrahim K, Hovanloo F, Dehghan P. The acute effect of one session of with and without blood flow restriction training on fatigue indexes. Exercise biology journal. Winter 2016, 4 (2):277 -292.
27. Saeed Rahmaty, Pooneh Dehghan\*, **kayvan Khoramipour** , Mostafa Saboory. The effect of listening to brain wave’s relaxing and exciting music during intense endurance training on blood cortisol levels of adult men. American Journal of Sports Science and Medicine, 2015, Vol. 3, No. 4, 77-81 .
28. **Khoramipour K** **(corresponding author)**, Ebrahim K, Hovanloo F, Dehghan P, Basereh A. Effect of isometric exercise with different load with and without blood flow restriction on fast twitch fibers recruitment. Pejouhandeh 2015;20(5):249 -257.
29. Fariborz Hovanloo, **kayvan Khoramipour** **(corresponding author**), Sajad Ahmadizad, Mina Sahami. Comparison the cardiovascular, metabolically and hematological responses to two types of upper and lower body exercise. International Journal of Sport Studies. Vol, 3 (12), 1380-1386, 2013.

## Conference

1. Siyavash Joukar, Mohammad Amin Rajizadeh, Mohammad Abbas Bejeshk, Samaneh sadat Alavi, Fatemeh Bagheri, Mohammad Rami, **Kayvan Khoramipour.** Purinergic Signaling Mediates Heart Benefits Induced by Exercise Training. 5th International and 26th National Congress of Physiology and Pharmacology. October 2023 Semnan. Iran.
2. **Kayvan Khoramipour**, Abbas Ali Gaeini, Elham Shirzad, Øyvind Sandbakk. Load Comparison Between Different Positions during Elite Male Basketball Games: a Sport Metabolomics Approach. June 2020. Toronto. Canada.
3. **Kayvan Khoramipour,** Abbas Ali Gaeini, Elham Shirzad, Øyvind Sandbakk. Metabolic load comparison between the quarters of a game in elite male basketball players using sport metabolomics. June 2020. Toronto. Canada.
4. Abbas Ali Gaeini, Elham Shirzad, **Kayvan Khoramipour.** External load analysis in the elite male basketball players in the different quarters of a basketball game. Third conference of sport science and health achievements. Sptember 2019, Gilan, Iran
5. **Kayvan Khoramipour**, Amirhossen Ahmandi\*, Nasrin Ramezani. Hematological changes after a maximal aerobic training session and Silymarin supplementation in male Handball players. Third conference of sport science and health. September 2019, Gilan, Iran.
6. Abas Ali Gaeini, Kambiz Gilany, **Kayvan Khoarmipour.** Metabolomics as an approach to investigate metabolic load in different basketball positions. The 3th National Congress on Sport & Health Science Achievements, Tehran. Iran. August 2019.
7. Abas Ali Gaeini, Elham Shirzad, **Kayvan Khoarmipour**. External load analysis in the elite male basketball player during the game. The 3th National Congress on Sport & Health Science Achievements, Tehran. Iran. August 2019.
8. **Kayvan Khoramipour**. Metabolomics and exercise science. New approaches in physical education. June 2019. Tehran. Iran
9. **Kayvan Khoramipour,** Abbas Ali Gaeini, Arsham Entesari, Amirhosein Ahmadi. The effect of 4 weeks of morning activity with tea consumption on overweight and obsess men body composition. First international conference on sport science innovation, May 2019. Tehran. Iran
10. **Kayvan Khoramipour**, Amirhosein Ahmadi. The effect of post - activation potential on soft and hard surfaces on the power of the leg muscles and knee joint opening speed in teenager karate athletes. Third conference of innovative research in physical education and sport science, January 2019. Tehran. Iran
11. **Kayvan Khoramipour**, Amirhosein Ahmadi. The effect of Caffeine consumption on blood lactate, leg muscles power and knee joint opening speed in teenager karate athletes. Third conference of innovative research in physical education and sport science, January 2019. Tehran. Iran.
12. Saeed Rahmati, **Kayvan Khoramipour**, Pooneh Dehghan, Hossein Pirani. Effect of one period of submaximal cycling activity with vascular occlusion on hematologic parameters in active men. National sport science conference, March 2017. Tehran. Iran.
13. Aref Basereh, Khosro Ebrahim, Faribourz Hoovanlo, Pooneh Dehghan, **Kayvan Khoramipour**. Relationship between different pressures of blood flow restriction with metabolic stress caused by training in blood flow restriction training (poster).9 th international congress on physical education and sport science. March 2016. Tehran. Iran.
14. **Kayvan Khoramipour**, Masoud Halimirzaei. Renal function in athletes participating in the international Boxing Fajr to urnaments.10th international conference on sport science. September 2015. Tehran. Iran

## Book

1. **Kayvan Khoramipour (Scientific editor),** Aref basereh (Scintific Editor), Morteza PoorAzar, AmirHossein AhmadiHekmatikar, Amme neh Afaghi, Mohsen Karimi. Introduction to the concepts needed for coaches. Tanin Danesh publisher. Tehran. Iran. May 2020 (In Farsi).
2. Hamid Masjedi, Nasrin Ramezani, **Kayvan khoramipour (Scientific editor).** Complete guide for physical fitness and program design. Madid publisher. Tehran, Iran, 2017 (In Farsi). DOI: 978-600-8722-91-5. (In Farsi).
3. Narsrin Ramezani, Sajad Tarkashvand, **Kayvan khoramipour (Scientific editor).** Basic physical fitness Madid publisher. Tehran, Iran, 2017 (In Farsi). DOI: 978 -600-8722-91-2. (In Farsi).

## Book translation

1. Research Methods in Kinesiology and the Health Sciences. Human Kinetics. 2014.
2. The art of GON POP transformations: female guidebook. Mark Carroll, 2020.
3. Research Methods in Kinesiology and Health Science. Wolters Kluwer, 2014.
4. Hoffman, Jay, and Conditioning Association. NSCA's Guide to Program Design. Human Kinetics, 2012.

**FUND RAISING**

1. The effect of high intensity interval training on ameliorating metabolic dysfunction- associated fatty liver disease (MAFLD) in diabetic male Wistar rats: The possible mechanism of lactate. Kerman university of Medical Sciences. Principal investigator 150000000IR. 2023-2024.
2. Effect of high-intensity interval training on browning of white adipose tissue in obese rats with diabetes: The role of lactate. Physiology research center. Principal investigator 200000000IR. 2023-2024.
3. The effect of high intensity interval training on diabetic liver: the possible mechanism of Spexin. Endocrinilogy research center. Principal investigator 200000000IR. 2023-2024.
4. The effect of 12 weeks of resistance training on the serum levels of BDNF, IGF1, FGF, TGF and IGFBP proteins, and brain structure in the elderly: the role of mitokines. Nuroscience Research Center. CoPI. 200000000IR. 2023-2024.
5. The effect of 12 weeks of resistance training on inflammation, oxidative stress, apoptosis, and cognitive functions in the elderly, emphasizing the role of Humanin. Nuroscience Research Center. CoPI. 200000000IR. 2023-2024.
6. The effect of 12 weeks of aerobic training and astaxanthin supplementation on Humanin protein expression, miR-17, miR-146a, and miR-155, and inflammation, oxidative stress and apoptosis in patients with type 2 diabetes. Metabolism research center. Principal investigator 200000000 IR. 2022-2023.
7. Effect of 8-week high-intensity interval training and ketogenic diet on mitophagy in female mice with breast cancer. Iran national sceince founding. Principal investigator. 450000000IR. 2022-2023.
8. Investigate the effect of 8-week high intensity interval training on PGC1α signaling pathway, BAX/BCL2 ratio and antioxidants levels in the hippocampus of male rats with type 2 diabetes. Student research committee. Principal investigator. 100000000 IR. 2022-2023
9. The effect of 8 weeks of high-intensity interval training on autophagy in the rats with type 2 diabetes. Center for international collaboration. Principal investigator. 700000000 IR. 2022-2023.
10. Investigate the effect of high-intensity interval training on the signaling pathway of type 2 diabetes induced Alzheimer's disease in male and female rats. Neuroscience research center. Principal investigator. 15000000 IR. 2021-2023.
11. The effect of 8-week high intensity interval training on renal histopathology and function in obese rats with type 2 diabetes: role of fetuin-A. Kerman university of medical science. Co-investigator. 15000000 IR. 2021-2023.
12. Changes in cardiac function indices and protein levels of Bax, Bcl2, NLRP-1, IL1β, IL10, Pannexin-1 and P2x7R in cardiac tissue of rats with type 2 diabetes after 8-week high intensity interval training (HIIT). Hear research center. Co-investigator. 15000000 IR. 2021-2023.
13. The effect of high-intensity interval training on appetite pathways in hypothalamus of obese rats with type 2 diabetes: The role of leptin. Neuroscience research center. Principal investigator. 15000000 IR. 2021-2023.
14. The effect of 8-week high intensity interval training on inflammatory, oxidative, apoptotic and histopathological indices in lung of rats with type 2 diabetes. Kerman University of Medical Science. Co-investigator. 15000000 IR. 2021-2022.
15. Evaluation and comparison of the effect of high-intensity intermittent training and moderate-intensity endurance training on methotrexate-induced lung injury in male Wistar rat. Kerman University of Medical Science. Co-investigator. 15000000 IR. 2021-2022.
16. The effect of 8 weeks High intensity interval training on adiponectin signaling and some Alzheimer's disease related factors in obese rats with type 2 diabetes. Physiology research center. Principal investigator. 30000000 IR. 2020-2021.
17. The effect of 8 weeks high intensity interval training on metabolic profile of viceral addipose tissue, liver and muscle of obese rats with type 2 diabetes. Metabolism research center. Principal investigator. 15000000 IR. 2020-2022.
18. Metabolic finger prints of elite athletes from different sports. Iran National Science Foundation. Co-investigator. 20000000 IR. 2016-2020.

# INVITED PRESENTATIONS

* Effects of exercise on T2D induced cognitive impairments. India. 2022.
* High-intensity interval training ameliorate diabetes-induced disturbances in Alzheimer's-related factors in the hippocampus through adiponectin signaling. Australia. 2022.
* What is cross training (web seminar). Department of Sports, Center of Physical Education and Sports (CEFD), Federal University of Espírito Santo (UFES; Brazil). 2019.
* Cross training. Sport for all federation. Uremia. Iran. 2019.
* Exercise training program design. Sport for all federation. Tehran. Iran. 2019.
* Physical fitness coaching course. Sport for all federation. Tehran. Iran. 2019.
* Bases of Cross Training. First, cross-training seminar in Iran. Tehran. Iran. 2018.
* Advanced physical fitness. Sport for all federation national seminar. Tehran. Iran. 2018.
* Fat burning training: evidenced based update. Tehran. Iran. 2018.
* HIIT: basic and application. Alzhra University. Tehran, Iran. 2017.
* Power training: basic and application. Alzhra University. Tehran, Iran. 2017.
* Polymeric training: basic and application. Alzhra University. Tehran, Iran 2017.
* Effect of exercise training on fat loss. Alzhra University. Tehran, Iran. 2016.
* Sport science in Pilates. International Physical Fitness federation. Tehran, Iran. 2016.
* Resistance training: basic and application. Alzhra University. Tehran, Iran. 2016.
* Power training in basketball. Basketball federation. Kurdistan, Iran. 2015.
* Resistance training in basketball. Basketball federation. Kurdistan, Iran. 2015.

**STUDENT SUPERVISION**

**PhD**

*Farzaneh Abdolahi; PI, 2023-*

Thesis title: The effect of pre and post-conditioning with aerobic training on cognitive function as well as renal indices of function, physiology, and pathology in male and female rats with diabetic nephropathy

*Porya Khosravi: CoPI, 2023-*

Thesis title: The effect of eight weeks of high intensity interval training on hippocampal mitophagy indices in rats with type 2 diabetes: the role of lactate

*Mahdieh Sadat Hosseini: PI, 2022-*

Thesis title: The effect of HIIT on stem cell therapy efficacy in animal model of Alzheimer's disease: Cell preconditioning and niche pre and post conditioning

*Sara Shirazpour: CoPI, 2022-*

Thesis title: Investigating the effect of swimming and estrogen on cardiac fibrosis in rats with dietry obesity and menopause model with focus on mediatory role of IGF-1 and angiotensin II: evaluating some biochemical, hemodynamic, and pathological indices

*Foad Rahmani: CoPI, 2021-*

Thesis title: Unraveling the Metabolic Signature of World Class Greco-Roman Wrestlers through Metabolomics

*Afsaneh Soltani: CoPI, 2021-*

Thesis title: The effect of 8 weeks of high-intensity interval training on pathway of oxidative stress, inflammation and apoptosis in rats with type 2 diabetes: the role of Humanin

**MSc**

*Anita Ebrahimi: CoPI, 2023-*

Thesis title: The therapeutic effect of conditioned medium intranasal injection and 6 weeks high intensity interval training in animal model of Alzheimer's disease

*Hadis Mesbah: CoPI, 2022-*

Thesis title: The Interactive effect of acute supplementation with Caffeine-Lcarnitine on muscle damage markers induced by acute exercise in male Biathlon

*Saleh Sadeghi: CoPI, 2022-*

Thesis title: The effect of preconditioning with high-intensity interval training and post-injury progesterone consumption on inflammation levels, and behavioral and histopathologic outcomes following experimental traumatic brain injury in male rats

*Maryam Hossein Rezaei: CoPI, 2020-2022*

Thesis title: The effect of 8-week High intensity interval training on leptin signaling in the hippocampus of obese rats with type 2 diabetes: The role on AMP-K signaling cascade

*Elham Madadi: CoPI, 2020-2022*

Thesis title: PI3K cascade adaptation following 8-week high intensity interval training in the hippocampus of obese rats: with type 2 diabetes: the role of leptin

*Narges Ebrahiminejad: CoPI, 2020-2022*

Thesis title: Investigate the effect of 8-week high intensity interval training on PGC1α signaling pathway, BAX/BCL2 ratio and antioxidants levels in the hippocampus of male rats with type 2 diabetes

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| ***Honors and rewards*** |
| * Top ranked researcher in Faculty of Medicine, Kerman University of Medical Sciences 2022 * Reviewer of 15 JCR journals (2018- present) * Reviewer committee in sixth national conference in physical education and sport science held in Tehran, Iran (June 2019). * Reviewer of medical laboratory journal (2019- present). * Ranked first in Iran basketball national student Olympiad as strength and conditioning coach (2018- 2019). * Iranian Cross Training technical committee director (2018-present). * Ministry of science sabbatical fund award (2016). * Ranked 3th among all Iranian students. Ph.D. entrance exam (2014). * Ranked 38th among all Iranian students. M.Sc. entrance exam (2012). * 8 years membership in Iran basketball super league teams (2005-2013). |
|  |

**EFERENCES**

### Karim Chamari Professor

Athlete Health and Performance Research Centre, Aspetar - Qatar Orthopaedic and Sports Medicine Hospital.

Tel: +97433186096

Email: [karim.chamri@aspetar.com](mailto:karim.chamri@aspetar.com)

**Othmar Moser**

**Professor**

Exercise Physiology and Metabolism (Sports Medicine), BaySpo-Bayreuth Centre of Sports Science, University of Bayreuth, Bayreuth, Germany

Tel: +3647935144

Email: [Othmar.Moser@uni-bayreuth.de](mailto:Othmar.Moser@uni-bayreuth.de)

### Abbas Ali Gaeini Professor

Exercise Physiology Department, Faculty of Physical Education and Sport Science, University of Tehran

Tel: +989123351872

Email: [aagaeini@yahoo.com](mailto:aagaeini@yahoo.com)