

Elma Tabari

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Objective:

Dedicated and highly motivated Ph.D. holder in Sport Physiology, with expertise in Skeletal Muscle Biology and Exercise Physiology, seeking an Assistant/Associate/Full Professor position at the University of Missouri School of Medicine to contribute to world-class research and teaching in the field of precision nutrition and lifestyle intervention for age-associated sarcopenia and cardiometabolic diseases.

Education:

Ph.D. in Sport Physiology, Biochemistry, and Sport Metabolism, 2021

- Dissertation Title: "The Effects of High and Moderate Intensity Interval Training on Mitochondrial Biogenesis of Skeletal Muscle in Type 2 Diabetic Male Rats"

Master of Science (MSc) in Sport Physiology, 2012

- Thesis Title: "Physiological and Anthropometric Profile of Iranian Women National Kayak Team and its Relationship with 500 Meters"

Work Experience:

Lab Research Coordinator, UC San Diego Health

- 2023 – Present

- Responsible for designing laboratory experiments, techniques, and protocols.

- Process, organize, and summarize data, reporting experiment results using various scientific software applications.

- Expertise in genotyping, DNA extraction, PCR, qRT-PCR, and immunohistochemistry.

Animal Laboratory Technician, University of California University San Diego

- 2019-2023

- Conducted basic animal husbandry tasks, data tracking, and health-related responsibilities.

- Proficient in mice surgery, injections, and breeding.

Anatomy and Physiology Instructor, University of Guilan and Mehraeen University

- 2013-2018

- Led lab sessions, lectures, and assessments, evaluated student learning, and provided individual tutoring.
- Taught anatomy, physiology, and related subjects.

Volunteer Nurse, Disabled and Elderly Assisted Living Facility Rasht

- 2018

- Provided direct care, developed treatment plans, and monitored residents' progress.
- Assisted with daily activities and physical therapy.

Researcher, University of Guilan, Iran

- 2013-2018

- Conducted research, data collection, data analysis, and surgical procedures on human and mouse subjects.
- Proficient in data analysis, phlebotomy, and project management.

ACC Medical & Anti-Doping Committee Member, Asian Canoe Confederation, Hong Kong

- 2018-2022

- Involved in writing proposals and pamphlets to increase athletes' knowledge about doping and drug use.

National Canoe Sprint Team Analyst, Iranian Canoe Sprint Federation

- 2010-2012

- Conducted talent identification programs, performance tests, and data analysis.

Certificates, Awards, and Accomplishments:

- AHA Basic Life Support for Healthcare Professionals (AHA BLS Healthcare) - American Heart Association, October 2023

- Advanced first aid education course and pharmacology - Iranian Nursing Association Training Center, 2010

- Employee of the Month, UC San Diego, April 2021, December 2019

- Gold Medal and Special Inventor Award, Method to Produce Drinkable Water in Emergency Situations, Toronto, Canada, 2019
- Silver Medal, Design Hairbrush with a Method for Reducing Stress and Fatigue, Silicon Valley, USA, 2019
- Top Researcher Award of Physical Education and Sport Sciences, University of Guilan, 2010
- Ten years Iranian Canoe national Captain, and 2 Gold Medals in International Canoe Sprint Competitions
- Top Student in Bachelor, Master, and Ph.D., University of Guilan, 2010, 2012, 2021

Papers:

- Influence of different modes of exercise training on inflammatory markers in older adults with and without chronic diseases: a systematic review and meta-analysis.
 - Cytokine, 169, 156303. 2023
- The Impact of Moderate-Intensity Continuous or High-Intensity Interval Training on Adipogenesis and Browning of Subcutaneous Adipose Tissue in Obese Male Rats.
 - Nutrients Journal, 2020, 12(4), 925, 27 March 2020
- The effects of high and moderate intensity interval training on skeletal muscle of TFAM and NRF1 in type 2 diabetic male rats.
 - Journal Of Practical Studies of Biosciences in Sport, 10.22077/JPSBS. 3640.1579-2020
- The Effect of High Fat Diet-Induced Obesity and Interval and Continuous Exercise Training On Visceral Fat SIRT1 And Insulin Resistance In Male Rats.
 - Iranian Journal of Diabetes and Metabolism, Volume 19, Issue 2 (1-2020), 19(2): 93-102.2020
- The Effect of Interval Training Intensity on Skeleton Muscle PGC-1 α In Type2 Diabetic Male Rats. Iranian Journal of Diabetes and Metabolism, Volume 18, Issue 4 (4-2019), 18(4): 179-188.2019
- A Comparison of the Effect of 12 Weeks of Interval Training with High and Moderate Intensity on Perilipin 3 of Visceral Adipose Tissue and Insulin Resistance in Type 2 Diabetic Male Rats. Journal Of Sport Biosciences, 10.22059/JSB.2018.261519.1289.2018
- The Effect of High-Intensity Interval Training and Moderate Intensity Continuous Training on Mitochondrial Content and PGC-1 α of Subcutaneous Adipose Tissue in Male Rats with High Fat Diet-Induced Obesity.
 - Journal Of Sport Biosciences, 10.22059/JSB.2018.258026.1273.2018

- The effect of interval training intensity on protein levels of ATGL and Perilipin 5 in visceral adipose tissue of type 2 diabetic male rats.
 - International Journal of Applied Exercise Physiology, August 2018 gust, 2018

- Study of the prevalence of supplement use and knowledge of men national team Rower about doping and side effect.

World Applied science Journal, 17 (6): 724-728, 2012.

References:

Available upon request.