

## PERSONAL INFORMATION



## Mohammadreza Seyedi

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Sex Male | Date of birth 04 Nov. 1986 | Nationality Iranian

## AFFILIATION



2020-Now Assistant professor in Department of Sport Medicine, Sport Sciences Research Institute, Tehran, Iran.



2014-2020 Department of Sport Medicine, Faculty of Physical Education and Sport Sciences, University of Tehran, Tehran, Iran.

## ACADEMIC QUALIFICATIONS

2012-2017 Ph. D in Corrective exercises & Sport injuries

University of Tehran, Iran.



*Thesis Title: Effect of FIFA 11+ program on some biomechanical risk factors of ACL injury during cutting manoeuvre*

2010-2012 M. A. in Corrective exercises & Sport injuries

University of Tehran, Iran.



*Dissertation Title: An investigation of sensory systems efficacy involved in postural control of deaf athlete and non-athletes*

2006-2010 B. A. in Physical education & Sport sciences

University of Tehran, Iran.



• Obtaining the overall rank of **4th in the national entrance examination for master's degree** in 2010 in the field of physical education and sports science among 12031 participants.

## AREAS OF RESEARCH

Exercise Therapy - Corrective Exercises - Prevention of Sport Injuries - Movement

## PERSONAL SKILLS

Mother tongue(s)

**Persian (Farsi)**

Other language(s)

**English**

UNDERSTANDING		SPEAKING		WRITING
Listening	Reading	Spoken interaction	Spoken production	
C1	C1	B2	B2	B1
IELTS 6.5 Overall.				

Levels: A1/2: Basic user - B1/2: Independent user - C1/2 Proficient user

**Professional & Administrative Records**

- Director of Education and Graduate Studies in SSRI (2 years)
- Senior member of the Corrective exercises committee of Education Organization of Tehran Province (3 years)
- Master's and bachelor's lecturer at universities (12 years)
- Director of a private rehabilitation and corrective movement clinic (5 years)
- Physical Education and Sports teacher in the education organization (12 years)

**Executive Scientific & Research Records**

- Assistant Professor in the Department of Sports Medicine of SSRI (5 years)
- Head of the Committee for Research and Planning of the Association for Health and Corrective Exercises of Iran.
- Member of the directors' board of the Scientific Association of Sports Pathology and Corrective Exercises of Tehran Province.
- Member of the Academic Board of the Department of Sport Sciences of the International Association for the Development of Intercultural Communication (ISCDBU)
- Senior member of the Corrective Exercises committee of the Education Department of Tehran province.
- Corrective exercises expert on the television and radio programs.
- Cooperating with the Laboratory of Physical Education and Sport Sciences and the experience of working with various laboratory equipment of this centre.
- Scientific secretary of sports injuries and biomechanics department at the 5th National Student Conference on Sport Sciences of Shahid Beheshti University
- Member of the scientific board and referee in Sport Sciences conferences.

**Job-related skills**

- *Professional in the field of using laboratory equipment, such as : Motion Analysing System VICON, Force Plates, Biodex Balance System, Isokinetic Dynamometer Biodex, EMG, Body Composition Analyser INBODY, Photogrammetry, Postural Assessments, FMS, etc.*
- good command of quality control processes ( Director of Education and Graduate Studies in SSRI)
- Lecturer in University (Since January. 2008 up to now), Article-writing for ISI Journals, Research report-writing,
- Referee in Volleyball, Track & Field and Ping-Pong (Holding a Certification),
- Coaching in Swimming, Ping-Pong, Body building, Aerobics, Corrective exercises (Holding a Certification),

**Computer and Software skills**

- good command of Microsoft Office™ tools
- Nexus Motion Analysis program (Vicon System) (Professional),
- SPSS statistical software (Professional),
- Microsoft Excel data management/analysis (Professional),
- MATLAB R2011b (Intermediate),
- Microsoft Word , PowerPoint and Excel (Professional),
- Internet (Professional),
- Windows (Professional).

**Other skills**

- University and workshop teaching in the fields of Sport injuries, Injury prevention protocols, Corrective Exercises, Sports for exceptional children, Therapeutic exercises, Anatomy of human movement, Kinesiology

of human body, Biomechanics in sports, Research Methods/Statistics.

- Coaching sports classes
- Prescribing exercises and trainers for children
- Prescribing exercises and exercisers for the elderly
- Prescribing exercises and exercisers for disabled people and diseases of old age

## PUBLICATIONS

### Journal Papers



Article Title	Authors	Journal	Year
Optimizing strategies for the prevention of chronic ankle sprains: Effectiveness of Balance-Strengthening and Hopping Exercises in Reducing Lower Extremity Kinetic Risk Factors for Ankle Sprain Injury Among Elite Female In-Line Speed Skaters: A Multi-Arm Parallel-Group Randomized Trial	M Seyedi, S Masoumi, E Mozafaripour, SH Mirkarimpour	In press	2025
The Relationship Between Sleep Disorder with Landing Kinematic, Balance and Proprioception Lower Limb in Men with History of ACLR and Dynamic Knee Valgus	M Jalili B, M Seyedi*, SH Mirkarimpour	Journal of Research in Sport Rehabilitation	2025
Design and Validation of the Observational Static Posture Assessment Tool (OSPAT): A Psychometric Study	H Abbasi, M Seyedi, E Mozafaripour, M Bayati	In press	2025
Validity and reliability of the Persian (Farsi) version of profile fitness mapping Neck questionnaire	M Jalili B, M Seyedi*, SH Mirkarimpour	Physical Treatments- (Scopus)	2024
Validity, reliability and Cross-cultural adaptation of the Persian (Farsi) version of profile fitness mapping Back questionnaire	M Jalili B, M Seyedi*, SH Mirkarimpour	Physical Treatments- (Scopus)	2024
Studying the employment status of Master's degree graduates in Physical Education and Sport Sciences in Iran	S Dadgar, M Zarei, M Boroumand, M Seyedi	Iranian Journal of Motor Behavior and Sport Psychology	2024
The effect of virtual reality games on the balance and function of children with Down syndrome: A randomized controlled trial study	M Seyedi, S Dadgar, F Mamashlou, J Bagherli	Journal of Research in Sport Rehabilitation	2024
Musculoskeletal Injuries in Police Enforcement Trainees in the Pre-Service Training Course of IRAN	M Seyedi, M Shahabi, A Elahi	Physical Treatments- (Scopus)	2024
The Effect of Eight Weeks of Cawthorne-Cooksey Training on Static and Dynamic Balance in Children with Down Syndrome: A Quasi-Experimental Study	M Seyedi, N Shirangi, S Salar, J Bagherli	Journal of Rafsanjan University of Medical Sciences	2023
Effects of FIFA 11+ warm-up program on kinematics and proprioception in adolescent soccer players: a parallel-group randomized control trial	M Seyedi, M Zarei, A Daneshjoo, R Rajabi, E Shirzad, E Mozafaripour, S Mohammadpour	Scientific Reports IF= 4.6 Q <sub>1</sub>	2023
Comparison of electromyographic activity of quadriceps and hamstrings of elite male and female soccer players during single-leg landing movement	S Dadgar, M Zarei, M Seyedi	Studies in Sport Medicine	2023

Comparison of the effect of a course of posture correction and strength exercises with emphasis on head and neck position on pain, neck muscle weakness and range of motion in inactive men with chronic neck pain	SS Shojaedin, A Fasaizadeh, M Seyedi	Anaesthesiology and Pain	2023
The Effect of Core Fatigue on Lower Extremity Kinematic Variables During Squats in Female Body Builders	M Seyedi, M Torkaman, M Soleyman Fallah, D Khezri, M Ashrostaghi	Physical Treatments- (Scopus)	2022
A Comparison Between Sports Motivation and Social Physique Anxiety between Blind and Visually Impaired Elite Athletes in Individual and Team Sports	M Seyedi, F Mohammadi, A Dana, M Esmacili	International Journal of Motor Control and Learning	2022
The Effect of 8 Weeks of TRX, Proprioceptive and Combined Training on Strength and Range of Motion of the Shoulder Joint in Female Athletes with a History of Shoulder Dislocation	A Ghorbanipour, MR Seyedi, R Mimasuri	Studies in Sport Medicine	2022
Effect of Four Weeks of Home-Based Balance Training on the Performance in Individuals with Functional Ankle Instability: A Remote Online Study	M Seyedi, H Nobari, H Abbasi, D Khezri, R Oliveira, J Pérez-Gómez, G Badicu, J Afonso	HealthCare IF= 3.04 Q <sub>2</sub>	2021
Comparison and investigation of relationship between lower extremity strength and active range of motion of the ankle with static and dynamic balance in deaf athletes and non	M Seyedi, F Seidi, H Minoonejad, K Biglar	Sport Medicine Studies (Persian)	2021
The Effect of the FIFA 11+ Warm-Up Program on Injury Prevention in Soccer Players: A Systematic Review	M. Zarei M. Seyedi	Sport Medicine "Harakat" (Persian)	2016
Comparison of High-Risk Movement Patterns of ACL Injury in Male and Female Adolescent Soccer Players During Cutting Manoeuvre	M. Seyedi R. Rajabi E. Shirzad M. Zarei	Sport Medicine Studies (Persian)	2016
An investigation of sensory systems efficiency involved in postural control of deaf athlete and non-athletes	M. Seyedi F. Seidi A. Rahimi H. Minoonejad	Sport Medicine "Harakat" (Persian)	2015
Comparison of high-risk movement patterns of ACL injury in dominant and non-dominant leg of males and females during cutting manoeuvre	M. Seyedi E. Shirzad H. Mirkarimpur N. Rezvankhah	Sport Medicine "Harakat" (Persian)	2014



Book Title	Author /Translators	Public ation	
<b>Prescribing hydrotherapy exercises for the elderly</b>	<b>M. Seyedi</b> M Mansouri	In press	<b>2025</b>
<b>Analysis of approaches to prescribing corrective exercises</b>	<b>M. Seyedi</b> H Mirkarimpour	In press	<b>2025</b>
<b>Advanced Physiology of the Nervous System for Sports Science Specialists</b>	<b>1. Dr. M. Seyedi</b> 2. Dr. Moghaddas 3. M Jalili B 4. H Mohammadi 5. M Alizadeh E	In press	<b>Under review</b>
<b>Fascia Stretching Technique</b>	<b>1. Dr. M. Seyedi</b> 2. M Jalili B 3. M Seyedhoseini	Padina pub	<b>2024</b>
<b>Pathomechanics of athletic injuries</b>	<b>1. Dr. M. Seyedi</b> 2. Dr Javdaneh 3. Dr Mozaffari	SSRI	<b>2024</b>
<b>Prevention of Injuries in Tennis</b>	<b>1. Dr. M. Seyedi</b> 2. Drosa Babayi	Padina pub	<b>2023</b>
<b>Comprehensive Guide to Kinesiopathology of the Neuromuscular System ( In Persian)</b>	<b>1. Dr. M. Seyedi</b> 2. Dr. F. Fattahi	SSRI	<b>2021&amp; 2023</b>
<b>Prevention of injuries and overuse in sports</b>	<b>1. Dr. M. Seyedi</b> 2. Dr H Fattahi 3. Dr A Golshani	SSRI	<b>2022</b>
<b>Corrective Exercise Solutions to Common Shoulder and Hip Dysfunction</b>	1. Dr. H. Mirkarimpur <b>2. Dr. M. Seyedi</b> 3. H. Dalimi	Hatmi Pub.	<b>2021</b>
<b>Advanced Statistics for Kinesiology and Exercise Science</b>	<b>1. Dr. M Seyedi,</b> 2. Dr SM Mirmoezzi	SSRI	<b>2022</b>
<b>Soccer injury prevention and treatment: a guide to optimal performance for players, parents and coaches</b>	<b>1. Dr. M. Seyedi</b> 2. Dr. B. Najafi 3. Dr. M. Ebrahimi	Tanine-Danes h Pub.	<b>2014 &amp; 2022</b>
<b>Pathophysiology of exercise activity in spinal cord injuries</b>	1. H. Abbasi, 2. .Mohammadi, 3. E. Mozaffari, <b>4. M. Seyedi</b>	SSRI	<b>2020</b>
<b>The ACL Solution</b> Prevention and Recovery for Sports' Most Devastating Knee Injury	1. Dr. M. Ebrahimi <b>2. Dr. M. Seyedi</b>	Bamd ad Pub.	<b>2012 &amp; 2022</b>

### Grant Supported Research Projects

- 2023-2024 Title:” *Assessment and monitoring of the health of the employees of the Student Affairs Organization* “. Conductor of the research project. Student Affairs Organization of the Ministry of Science, Research and Technology of Iran.
- 2021-2023 Title:” *Home-Based Physical Activity Guide and meta-analysis for Multiple Sclerosis Patients* “. Conductor of the research project. Sport Sciences Research Institute.

### CAREER SUMMARY

Interested in operational tasks and scientific projects, Hardworking and efficient in using laboratory tools, Reliable in the execution and leadership.

### THESIS SUPERVISOR/ ADVISOR



- 2024  
Supervisor Title:” *The effect of PRI and OSAR core stability exercises with breathing approach on reducing the risk factors of lower extremity injuries in futsalists girls.* “. By: Farzane Jalilvand. Islamic Azad University, Science And Research Branch.
- 2024  
Advisor Title:” *Comparison of* “. By: Shadi. Allameh Tabataba'i University.
- 2024  
Advisor Title:” *Comparison of* “. By: Dashkhane. Allameh Tabataba'i University.
- 2024  
Advisor Title:” *Comparison of kinetic and kinematic of single-leg jump-landing between athletes with and without concurrent flexible flat foot and genu varum deformities* “. By: Seyed Alihossein Noorbakhsh Rezaei Dehkordi. Allameh Tabataba'i University.
- 2024  
Advisor Title:” *The effect of kinesiotaping on the kinetics and kinematics of the cutting maneuver in female athletes with functional ankle instability* “. By: Atefeh Rahimi. Allameh Tabataba'i University.
- 2024  
Advisor Title:” *The effect of verbal construction to correct the jump-landing technique on the kinematics and kinetics of the lower limb in athletes with functional instability of the ankle. (FAI)* “. By: Mina Forati. Allameh Tabataba'i University.
- 2024  
Advisor Title:” *Investigating the effect of fatigue and sleep disturbance on the risk factors of re-injury in athletes with a history of ACL reconstruction surgery* “. By: Mostafa Jalili. Islamic Azad University, Science And Research Branch.

- 2023  
Supervisor  
Title:” *Investigating the effect of hatha yoga exercises and resistance exercises on physical condition, performance and fear of falling in elderly women with upper cruciate syndrome* “. By: Negar Danepash. Islamic Azad University·Science And Research Branch.
- 2023  
Supervisor  
Title:” *Comparison the effect of Graston Massage and combined exercises with and without Graston massage on pain, balance, muscle strength, fatigue and walking parameters in women with multiple sclerosis* “. By: Dorsa Babae. Islamic Azad University·Science And Research Branch.
- 2023  
Supervisor  
Title:” *Comparing the effect of balance-strengthening and hopping exercises on the risk factors of ankle sprain injury in elite female in-line speed skating athletes* “. By: Suzan Masoumi. Islamic Azad University·Science And Research Branch.
- 2023  
Supervisor  
Title:” *Investigating the immediate effect of massage and foam rolling separately and in combination with static stretching of selected lower extremity muscles on the balance, performance and gait of the elderly with Parkinson's disease* “. By: Mahshad Faraji. Islamic Azad University·Science And Research Branch.
- 2021  
Advisor  
Title:” *Relationship between sleep quality and knee muscle electrical activity during landing manoeuvre in young male and female soccer players* “. By: Sara Dadgar. Shahid Beheshti University.
- 2020  
Supervisor  
Title:” *The Effects of Cawthorne-Cooksey Exercises on Posture stability and lower extremity function of children with Down syndrome* “. By: Nazanin Shirangi. Islamic Azad University·Karaj Branch.
- 2020  
Supervisor  
Title:” *The effect of virtual reality games on the balance and function of the lower extremity of children with Down syndrome* “. By: Fatemeh Mamashlou. Islamic Azad University·Karaj Branch.
- 2019  
Advisor  
Title:” *The effect of 8 weeks of TRX, proprioceptive and combined training on strength and range of motion of the shoulder joint in female athletes with a history of shoulder dislocation* “. By: Atefeh Ghorbanipour. Islamic Azad University·Karaj Branch.
- 2019  
Advisor  
Title:” *Comparison of the effect of a course of posture correction and strength exercises with emphasis on head and neck position on pain, neck muscle weakness and range of motion in inactive men with chronic neck pain* “. By: Amir Fasaizadeh. Islamic Azad University·Karaj Branch.

## TEACHING / LECTURING



- 2023  
Workshop title:” *Examining common approaches in prescribing corrective exercises*. “.Organizer: Vatan Institute.
- 2023  
Course title:” *Sport Injuries & corrective exercises laboratory assistant*. “.Organizer: Sport Sciences Research Institute.
- 2023  
Lecture title:” *The necessity of performing movement assessment in the evaluation of Hyper kyphosis*. “.Organizer: 15<sup>th</sup> Sport Medicine Congress SMFIRI.



- 2022 Course title:” *NASM's approach to prescribing corrective exercises*. “.Organizer: Sport Sciences Research Institute.
- 2021 Course title:” *Principles of safety, health and ergonomics*. “.Organizer: Research Institute of Humanities and Social Studies.
- 2021 Workshop title:” *Prevention and treatment of knee injuries in athletes*. “.Organizer: Sport Sciences Research Institute.
- 2019 Course title:” *Designing and prescribing corrective exercises*. “.Organizer: Shahid Beheshti University.
- 2019 Workshop title:” *Soccer injury prevention with an emphasis on FIFA II+*. “.Organizer: Shahid Beheshti University.
- 2018 Course title:” *Methods of assessing the postural abnormalities* “.Organizer: Ministry of Education of Semnan province of Iran
- 2018 Course title:” *Comprehensive course on corrective exercise for specialists* “.Organizer: Ministry of Education of Tehran province of Iran

#### ACADEMIC COURSES TEACHING



Year	Course Title	University	PhD	MA	BC
2023	<ul style="list-style-type: none"> <li>• <i>Adaptive Therapeutic Exercises,</i></li> <li>• <i>Practical Corrective Exercises</i></li> </ul>	University of Tehran		<input checked="" type="checkbox"/>	
2020 - 2023	<ul style="list-style-type: none"> <li>• <i>Kinesiopathology of the musculoskeletal system,</i></li> <li>• <i>Pathokinesiology of the Neuromuscular system,</i></li> <li>• <i>Advanced adaptive sports,</i></li> <li>• <i>Principles of planning and prescribing corrective exercises,</i></li> </ul>	Islamic Azad University·Science And Research Branch.		<input checked="" type="checkbox"/>	
2017 - 2020	<ul style="list-style-type: none"> <li>• <i>prescribing corrective exercises, Sport Injuries , Biomechanics, Human Anatomy, Kinesiology, Anthropometry, Corrective and therapeutic Exercises</i></li> </ul>	Islamic Azad University·Karaj Branch.		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
2012 - 2017	<ul style="list-style-type: none"> <li>• <i>Physical Education &amp; Sports, Swimming, Massage Therapy, Table Tennis, Badminton, ...</i></li> </ul>	Iran University of Medical Sciences, Payam Noor University, Persepolis University			<input checked="" type="checkbox"/>


#### SPORTS HISTORY AND CHAMPIONSHIP





Year		Title
2019	<b>Coach</b>	<i>Coach of the swimming team of University of Tehran students in the sports Olympiad of universities and higher education institutions in Tehran province</i>
2019	<b>Player</b>	<i>Winning the first place in handball in the 9th intramural sports festival of Tehran University</i>
2018	<b>Player</b>	<i>Winning the first place in the 100 meters freestyle swimming in the intra-faculty sports festival of Tehran University.</i>
2016	<b>Player</b>	<i>Winning the second place in the country in swimming in the 16th national sports competition for students of teacher training centers.</i>
2015	<b>Player</b>	<i>Winning the third place in the country in swimming in the 15th national sports competition for students of teacher training centers.</i>

## PASSED COURSES

Year		Title	Organizer
2017		<i>Sports training in exceptional children</i>	<i>University of Rehabilitation Sciences and Social Welfare.</i>
2015		<i>Trainer of corrective exercises and wellness</i>	<i>University of Tehran and Public Sports Federation of Iran</i>
2013		<i>Sports Medicine Classification of Cerebral Palsy</i>	<i>National Paralympic Committee of Iran</i>
2011		<i>Methods of Assessment and Prevention from Hip and Thigh Injuries</i>	<i>Sport Sciences Research Center</i>
2011		<i>Application of Stretching Techniques in Corrective Exercises</i>	<i>Sport Sciences Research Center</i>
2009		<i>Kinesio-Taping in Sport</i>	<i>Sports Medicine Federation of Iran</i>
2008		<i>Modern Conditioning in football</i> <i>Instructors: Erich Rote Muller - Rainer Croft</i>	<i>University of Tehran</i>
2003-2008		<i>Coaching Certificate in Swimming, table Tennis, Body Building and Fitness, Volleyball</i>	<i>National Federations</i>