



Hamed Abbasi

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🌐 Website: <https://orcid.org/my-orcid?orcid=0000-0001-8899-7439>

🌐 Website: <https://www.researchgate.net/profile/Hamed-Abbasi>

🌐 Website: <https://scholar.google.com/citations?user=YVsrPC0AAAAJ&hl=en>

📍 Work: No. 3, 5th Alley, Miremad Street, Motahhari Street Sport Sciences Research Institute of Iran, 1587958711 Tehran (Iran)

ABOUT ME

Associate Professor at Sport Sciences Research Institute, Tehran, Iran

EDUCATION AND TRAINING

PhD

University of Tehran [2009 – 2014]

City: Tehran | Country: Iran | Field(s) of study: Sport Injuries & Corrective Exercises | Thesis: The Effect of Distal, Proximal, and Combined Exercises on Dynamic Balance and Functional Performance in Athletes with Functional Ankle Instability

M. Sc.

University of Tehran [2006 – 2010]

City: Tehran | Country: Iran | Field(s) of study: Sport Injuries & Corrective Exercises | Thesis: Comparing Balance Between Individuals with and without Forward Head Posture

Bachelor

Shahid Rajaee Teacher Training University [2004 – 2007]

City: Tehran | Country: Iran | Field(s) of study: Physical Education and Sport Sciences

Associate Degree

Montazeri Technical College of Mashhad [2000 – 2004]

City: Mashhad | Country: Iran | Field(s) of study: Physical Education and Sport Sciences

Diploma

School of Physical Education and Sports Sciences [1998 – 2001]

City: Mashhad | Country: Iran | Field(s) of study: Physical Education and Sport Sciences

WORK EXPERIENCE

Deputy head of research at Sport Sciences Research Institute

Ministry of Science Research and Technology of Iran [31 Oct 2022 – Current]

City: Tehran | Country: Iran

Head of Sport and Biological Sciences Research Centre

Sport Sciences Research Institute of Iran [2024]

City: Tehran | Country: Iran

Faculty Member

Sport Sciences Research Institute, Ministry of Science Research and Technology of Iran [2015 – Current]

City: Tehran | Country: Iran | Name of unit or department: Sports Medicine

Head of Sport Injury Prevention and Rehabilitation at Wrestling Federation of Iran

Wrestling Federation of Iran [20 Oct 2023]

City: Tehran | Country: Iran

Head of the Education Committee at Wrestling Federation of Iran

Wrestling Federation of Iran [2023]

City: Tehran | Country: Iran

Head of Senior Sport and Physical Activity Development Committee at Iran Sport for all Federation

Iran Sport for all Federation of the Ministry of Sport and Youth of Iran [2019 – 2021]

City: Tehran | Country: Iran

Head of the Education and Research Committee of the Association of Sport injuries and Corrective Exercises(SICEA)

Ministry of Science Research and Technology of Iran [2017 – Current]

City: Tehran | Country: Iran

Secretary of Sports injuries and Corrective Exercises Working Group of Curriculum Planning and Science Development

Ministry of Science, Research and Technology of Iran [2016 – 2019]

City: Tehran | Country: Iran

Head of Exercise Rehabilitation Center (Spinal Cord Injuries,Cerebral Palsy, Multiple Sclerosis)

KAHRIZAK charity foundation [Jan 2010 – Dec 2013]

City: Tehran | Country: Iran

Head of Older Adult Sport Rehabilitation Center

KAHRIZAK charity foundation [2008 – 2013]

City: Tehran | Country: Iran

PROJECTS

[2024]

Evaluation of posture and balance in the entrance physical test of the sports science field

Funded by the Sport Sciences Research Institute of Iran

[2023]

Development of physical activity guidelines for people with spinal cord injuries

Funded by the Sport Sciences Research Institute of Iran

[2023]

Evaluation and monitoring of health and physical fitness of personnel of the Organization of Student Affairs

Funded by the Organization of Student Affairs, Ministry of Science, Research and Technology of Iran

[2022]

Monitoring the physical fitness factors, fatigue, internal and external training loads in the football players of Sepahan Team during a season

Funded by the Foolad Mobarakeh Sepahan Club and Sport Sciences Research Institute of Iran

[2021]

Development of the Adaptive Physical Education and Sports for the Disabled field of study Curriculum in master degree in Iran

Funded by the Ministry of Science Research and Technology of Iran

[2020]

Effect of aerobic exercises on psychological well-being and quality of life among elderly people

Funded by the World Health Organization (WHO)

[2020]

Development of corrective exercises guidelines for children

Funded by the Danesh Parsian Corporation

[2018]

Epidemiology of sports injuries and falls among Iranian students

Funded by the Ministry of Education of Iran and the Sport Sciences Research Institute of Iran

[2018]

Systematic review of football field studies

Funded by the Sport Sciences Research Institute of Iran

[2016]

Systematic review and meta-analysis of the prevalence of postural disorders in Iranian students

Funded by the Sport Sciences Research Institute of Iran

[2016]

Content analysis of research projects of the Sports Sciences Institute of Iran

Funded by the Sport Sciences Research Institute of Iran

[2016]

Evaluation of physical activity levels (low, moderate, high) among Iranian elderly and its relationship with mental health and quality of life

Funded by the World Health Organization (WHO)

[2016]

Psychological characteristics of sports illustration questionnaire in athletes of national teams of the Islamic Republic of Iran

Funded by the Sport Sciences Research Institute of Iran

PUBLICATIONS

- [2025]
Age-related variations in physical activity, happiness, and psychological well-being: Evidence from Iran
Vaez Mousavi, M., Carneiro, L., Shams, A., Abbasi, H., Shamsipour Dehkordi, P., Bayati, M., Nobari. PLoS one, 20(1), p.e0314202.
- [2025]
The impact of different standing positions on gluteus medius activation and lumbar lordosis in LBP-developers during prolonged standing
Abbasi S, Minoonejad H, Abbasi H, Mousavi SH. PLoS one. e0317291
- [2025]
Development and validation of the observational static posture assessment tool (OSPAT): a holistic approach to postural evaluation
Abbasi H, Seyedi M, Mozafaripour E, Bayati M, Nobari H, Shams A, Rohani H. Sport Sciences for Health
- [2025]
[PDF] from researchgate.net Development and validation of the observational static posture assessment tool (OSPAT): a holistic approach to postural evaluation
Abbasi H, Seyedi M, Mozafaripour E, Bayati M, Nobari H, Shams A, Rohani H. Sport Sciences for Health, pp.1-9.
- [2024]
[Investigating the Combined Effects of Scapular-Focused training and Mulligan Mobilization on Shoulder Impingement Syndrome ; A Three-Arm Pilot Randomized Controlled Trial](#)
BMC Musculoskeletal Disorders
- Zanjani, B., Shojaedin, S., Abbasi, H.
- [2023]
[Artificial Intelligence Approach in Biomechanical Analysis of Gait](#)
Journal of Advanced Sport Technology, 7(2), 23-37.
- Molaviaan, R., Fatahi, A., Abbasi, H., & Khezri, D.
- [2023]
[Artificial Intelligence Approach in Biomechanics of Gait and Sport: A Systematic Literature Review](#)
Journal of Biomedical Physics & Engineering, 13(5), 383.
- Molavian, R., Fatahi, A., Abbasi, H., & Khezri, D.
- [2023]
Lower Extremity Alignment is a Risk Factor for Non-Contact Anterior Cruciate Ligament Injuries in Elite Male Wrestlers
Journal of Advanced Sport Technology, 2023; 7(4): 57-66. doi: 10.22098/jast.2023.2917
- Gheitasi, M., Abbasi, H., Pargane, M., Mozafaripour, E.
- [2022]
Isokinetic muscle strength cannot be related to the odds ratio of musculoskeletal injuries in young elite wrestlers.
BMC Sports Science, Medicine and Rehabilitation, 14(1), 1-7.

Hoseini, A., Zarei, M., Nobari, H., Hovanloo, F., Abbasi, H., & Pérez-Gómez, J.

[2022]

Evaluation of the effect and maintenance of core stability exercises on electromyography activity of Lumbo-pelvic-hip muscles in patients with multiple sclerosis.

Studies in Sport Medicine. doi: 10.22089/smj.2022.11795.1550

Shahrokhi, H., Abbasi, H.

[2022]

Focus of Attention During ACL Injury Prevention Exercises Affects Improvements in Jump-Landing Kinematics in Soccer Players: A Randomized Controlled Trial.

The Journal of Strength & Conditioning Research.

Dalvandpour, N., Zareei, M., Abbasi, H., Abdoli, B., Mohammadian, M. A., Rommers, N., & Rössler, R.

[2022]

The relationship between relaxin levels and musculoskeletal injuries in young and menopausal trained women.

Studies in Sport Medicine, 13(30), 75-94. doi: 10.22089/smj.2022.11798.1549

Shibak, M., Abbasian, S., Abbasi, H., azimkhani, A.

[2022]

The Effect of Shoulder Injury Prevention Program on Shoulder Isokinetic Strength in Young Male Volleyball Players.

Research in Sports Medicine, 30(2), 203-214.

Eshghi, S., Zarei, M., Abbasi, H., & Alizadeh, S.

[2022]

The Comparison of Effectiveness of Mindfulness, Balance and Combined Exercises on the Balance and Fear of Falling in the Elderly

Aging Psychology, 8(1), 71-85. doi: 10.22126/jap.2022.7217.1619

Sadeghi, S., Azimkhani, A., Abbasi, H.

[2022]

Training Loads and Non-Contact Injuries in Soccer: A Full Season Monitoring of a Team in Iranian Premier League

Studies in Sport Medicine, 14(31): -. doi: 10.22089/smj.2022.12074.1564

khezri, D., Abbasi, H., Nobari, H

[2022]

A New Balance Assessment Tool for Quantifying Sitting Balance in Individuals with Spinal Cord Injury; Development, Validity and Reliability of the Sitting Star Excursion Balance Test (SSEBT)

Journal of Advanced Sport Technology, 6(1), 19-30. doi: 10.22098/jast.2022.1687

Shahi, E., Abbasi, H

[2022]

Hamed Abbasi (ORCID ID: 0000-0001-8899-7439) Are Metabolic Power Distribution and Accelerometer-Based Global Positioning System Variables Associated With Odds Ratios of Noncontact Injuries in Professional Soccer Players?

The Journal of Strength & Conditioning Research, 10-1519.

Nobari, H., Alves, A. R., Abbasi, H., Khezri, D., Zamorano, A. D., & Bowman, T. G.

[2021]
Effect of aerobic-based exercise on psychological well-being and quality of life among older people: a Middle East study.
Frontiers in public health, 1980.

Shams, A., Nobari, H., Afonso, J., Abbasi, H., Mainer Pardos, E., Pérez-Gómez, J., ... & Carneiro,

[2021]
Effect of Four Weeks of Home-Based Balance Training on the Performance in Individuals with Functional Ankle Instability: A Remote Online Study.
In Healthcare (Vol. 9, No. 11, p. 1428). Multidisciplinary Digital Publishing Institute.

Seyedi, M., Nobari, H., Abbasi, H., Khezri, D., Oliveira, R., Pérez-Gómez, J., ... & Afonso, J.

[2021]
The Effect of External Focus Attention Exercise On the Kinetic Risk Factors Associated With ACL Injury.
The Scientific Journal of Rehabilitation Medicine, 10(3), 470-485.

Dalvandpour, N., Zarei, M., Abdoli, B., Abbasi, H., & Mohamadian, M. A.

[2021]
Comparison of Knee and Hip Kinematics during Landing and Cutting between Elite Male Football and Futsal Players.
Healthcare 2021, 9, 606.

Daneshjoo, A., Nobari, H., Kalantari, A., Amiri-Khorasani, M., Abbasi, H., Rodal, M., ... & Ardigò,

[2020]
Proprioception is not associated with lower extremity injuries in U21 high-level football players.
European journal of sport science, 20(6), 839-844.

Namazi, P., Zarei, M., Abbasi, H., Hovanloo, F., Rommers, N., & Rössler, R.

[2020]
Comparison of Static and Dynamic Postural Stability Between Individuals With and Without Forward Head Posture.
Physical Treatments-Specific Physical Therapy Journal, 10(3), 127-134.

Abbasi, H., Alizadeh, M. H., Rajabi, R., & Mohammadi, F.

[2020]
The effect of release massage and stretching exercises on Pain, Range of Motion and Functional Disability of the Neck due to Myofascial Trigger Points of the Trapezius Muscle.
Studies in Sport Medicine, 12(27), 67-82. doi: 10.22089/smj.2021.9503.1444

Shahrokhi, H., Abbasi, H., hajian, K.

[2020]

Effect of fatigue on spatial and temporal parameters of gait in normal and flexible flat foot. Studies in Sport Medicine, 12(27), 17-34. doi: 10.22089/smj.2020.8394.1415

dorr taj, E., alizadeh, M., abasi, H., Shirzad Iraqi, E.

[2020]

The 11+ Kids warm-up programme to prevent injuries in young Iranian male high-level football (soccer) players: A cluster-randomised controlled trial. Journal of science and medicine in sport, 23(5), 469-474.

Zarei, M., Abbasi, H., Namazi, P., Asgari, M., Rommers, N., & Rössler, R.

[2020]

The effect of the "11+ kids" program on the isokinetic strength of young football players. International Journal of Sports Physiology and Performance, 15(1), 25-30.

Zarei, M., Abbasi, H., Daneshjoo, A., Gheitasi, M., Johari, K., Faude, O., ... & Rössler, R.

[2019]

The association between the isokinetic muscle strength and lower extremity injuries in young male football players. Physical therapy in sport, 39, 76-81.

Namazi, P., Zarei, M., Hovanloo, F., & Abbasi, H.

[2019]

The effect of eight-week proximal stability training on postural stability in parkourers. Journal of Applied Exercise Physiology, 14(28), 57-70.

Zarei, M., Abbasi, H., & Fekri, N.

[2019]

Better functioning of the somatosensory system in postural control of blind athletes compared to non-athletes. Scientific Journal of Rehabilitation Medicine (SJR), 8(3), 179-87.

Mohammadi, F., Bayati, M., Abbasi, H., & Allafan, N.

[2018]

Long-term effects of the 11+ warm-up injury prevention programme on physical performance in adolescent male football players: a cluster-randomised controlled trial. Journal of sports sciences, 36(21), 2447-2454.

Zarei, M., Abbasi, H., Daneshjoo, A., Barghi, T. S., Rommers, N., Faude, O., & Rössler, R.

[2018]

The effect of ten-week FIFA 11+ injury prevention program for kids on performance and fitness of adolescent soccer players. Asian Journal of Sports Medicine, 9(3).

Zarei, M., Namazi, P., Abbasi, H., Noruzyan, M., Mahmoodzade, S., & Seifbarghi, T.

[2018]
Epidemiology and prevention programs on football injuries in children and adolescent players: Systematic review.
Journal of Exercise Science and Medicine, 9(2), 217-242.

Zarei, M., & Abbasi, H.

[2018]
Descriptive Analysis of Research Projects in the fields of Sport Psychology and Motor Behavior of Sport Sciences Research Institute.
Sport Psychology Studies (ie, mutaleat ravanshenasi varzeshi), 7(25), 15-28. doi: 10.22089/spsyj.2018.5053.1524

Mohammadi, F., Abbasi, H., rezaei, Z., ostovan, Z.

[2017]
The Comparison of Kinetic Parameters between Flexible Flatfoot and Normal Foot Football Players during Single Leg Drop – Landing.
Studies in Sport Medicine, 9(22), 67-80. doi: 10.22089/smj.2018.1141

Piri, H., Rajabi, R., Minoonejad, H., Tabatabai Ghomshe, F., Abbasi, H.

[2017]
The Effect of Core Stability Exercises on Endurance and trunk Control in Patients with Multiple Sclerosis.
Studies in Sport Medicine, 9(21), 83-100. doi: 10.22089/smj.2017.3473.1190

Shahrokhi, H., Abbasi, H., Mohammadi, F., Rahmani, P.

[2016]
The Effect of Ten-Week Combined Training in Stable and Unstable Surfaces on Muscle Strength and Functional Capacity in Patients with Multiple Sclerosis.
Studies in Sport Medicine, 8(19), 95-116. doi: 10.22089/smj.2016.883

Rahmani, P., Mohammadi, F., Abbasi, H.

[2015]
Comparing the effect of functional, extra-functional and combined exercises on dynamic balance in athletes with functional ankle instability.
Studies in Sport Medicine, 7(17), 34-15.

Abbasi, H., Alizadeh, M. H., Daneshmandi, H., & Barati, A. H.

[2013]
Evaluation of relationship between trunk muscle endurance and static balance in male students.
Asian journal of sports medicine, 4(4), 289.

Barati, A., Safarcherati, A., Aghayari, A., Azizi, F., & Abbasi, H.

CONFERENCES AND SEMINARS

[2021] 13th International Congress on Sport Science, Tehran, Iran

Investigation of non-contact injuries prediction by parameters related to internal and external loads in a Premier League team.

D Khezri, **H Abbasi**, H Nobari.

[2021] 13th International Congress on Sport Science, Tehran, Iran

Validity and Reliability of Sitting Star Excursion Balance Test in People with Spinal Cord Injury.

E Shahi, **H Abbasi**.

[2021] 13th International Congress on Sport Science, Tehran, Iran

Comparison of external and internal Focus of Attention during ACL Injury Prevention Exercises on dynamic postural stability in Soccer Players.

N Dalvand pour, M Zarei, B Abdoli, **H Abbasi**.

[2019] 12th International Congress on Sport Science, Tehran, Iran

Core isometric endurance is not different between soccer players with and without functional ankle instability.

H Abbasi, H Alizadeh, H Daneshmandi, AH Barati.

[2019] 12th International Congress on Sport Science, Tehran, Iran

The Relationship Between Core Isometric endurance and Dynamic Balance in Soccer Players with Functional Ankle Instability.

H Abbasi, H Alizadeh, H Daneshmandi, AH Barati.

[2017] 11th International Congress on Sport Science, Tehran, Iran

There is no relationship between the functional movement screening score and sport Injuries in students.

M Pougolian, H Abbasi, F Mohammadi.

[2016] 10th International Congress on Sport Sciences., Tehran, Iran

A systematic review and meta-analysis of the prevalence of spine postural deviations in Iranian students.

Abbasi H, Mohammadi F, Shams A.

[2015] The First sport technology & equipment. Sport Sciences Research Institute, Tehran, Iran

"Iran Step 10,000 Campaign (Step Counter Software).

H Abbasi.

[2015] 9th International Congress on Sport Science, Tehran, Iran

Core stability training can not improve dynamic balance in soccer players with functional ankle instability.

H Abbasi, H Alizadeh, H Daneshmandi.

[2015] 9th International Congress on Sport Science, Tehran, Iran

Core stability training cannot improve dynamic balance in soccer players with functional ankle instability .

H Abbasi, H Alizadeh, H Daneshmandi.

[2014] 8th International Congress on Sport Science, Tehran, Iran

Comparing the Effect of Functional, Extra-Functional and Combined Exercises on Dynamic Balance in Athletes with Functional Ankle Instability.

H Abbasi, H Alizadeh, H Daneshmandi, AH Barati.

[2014] 8th International Congress on Sport Science, Tehran, Iran

Comparing the static and dynamic balance between students with and without forward head posture.

H Abbasi, MH Alizadeh, R Rajabi.

[2009] 7th International Conference on Physical Education & Sports Science., Tehran, Iran

The relationship between spine flexibility and Lumbar Lordosis.

S Sarvari, E Kiomarsi, **H Abbasi**, S Sarvari.

[2009] 7th International Conference on Physical Education & Sports Science., Tehran, Iran

Effect of exercise on development of somatosensory performance in comparing blind and sighted individuals, dynamic balance control

F Mohammadi, N Farahpour, R Rajabi, M. R Nikmaram, **H Abbasi**.

[2009] 6th International Conference on Physical Education & Sports Science., Tehran, Iran

Determining the Craniovertebral angle as an index of assessing forward head posture with the plumb line.

H Abbasi, R Rajabi, F Mohammadi

[2007] The first congress on sport injuries and corrective exercises, kerman university, Iran

The effect of a training program on the amount of pain and waist circumference of pregnant women.

M H Alizadeh, Z Akbari, **H Abbasi**.

HONOURS AND AWARDS

[30 Apr 2023] Sport Sciences Research Institute of Iran

Best Paper in the 1st SSRI AWARDS

Title: Effect of aerobic-based exercise on psychological well-being and quality of life among older people: a middle east study

[2017] Sport Sciences Research Institute of Iran

Best Oral Presentation, 10th International Congress on Sport Science, Tehran, Iran

Title: **A systematic review and meta-analysis of the prevalence of spine postural deviations in Iranian students**

[2016] Sport Sciences Research Institute of Iran

Best Oral Presentation, 9th International Congress on Sport Science, Tehran, Iran

Title: Core stability training cannot improve dynamic balance in soccer players with functional ankle instability

[2010] University of Tehran

Ranked 1 in the Entrance Exam for PhD's degree in field of sport injury & corrective exercises of the University of Tehran

[2010] University of Tehran

Ranked 1 in the Iranian University Entrance Exam for PhD's degree in field of Sport Injuries & Corrective Exercises

[2009] Sport Sciences Research Institute of Iran

Best Poster Presentation, 7th International Congress on Sport Science, Tehran, Iran

Title: Determining the Craniovertebral angle as an index of assessing forward head posture with the plumb line

[2007] Ministry of Science, Research and Technology of Iran

Ranked 3 in the Iranian University Entrance Exam for master's degree in field of Sport Injuries & Corrective Exercises

[2003] Ministry of Science, Research and Technology of Iran

Ranked 6 in the Iranian University Entrance Exam for bachelor's degree in field of Physical Education and Sport Sciences

[2000] The Ministry of Education of Iran

Ranked 1 in scientific, cultural and sports competition of the high schools of physical education and sports sciences of Iran

MEMBERSHIPS

[2024 – Current]

Editorial Board of Journal of Studies in Sport Medicine

Sport Sciences Research Institute of Iran

[2024 – Current]

Editorial Board of Journal of Exercise and Health Science (JEHS)

Sport Sciences Research Institute of Iran

[2024 – Current]

Member of the Research Council of Sports Sciences Research Institute Iran

[2020 – Current]

Member of Disabled Sports Research Center of Shahid Beheshti University, Iran

[2018 – Current]

Member of the Ethics Committee of Sport Sciences Research Institute of Iran ,Ministry of Health and Medical Education of Iran

[2017 – Current]

Member of the Board of the Association of Sport injuries and Corrective Exercises(SICEA) Iran Ministry of Science Research and Technology

[2019 – 2021]

Member of the Education Council of the Academy of Sport for all Federation of the Ministry of Sport and Youth of Iran

[2014 – 2019]

Member of the Sports injuries and Corrective Exercises council of Curriculum Planning and Science Development, Ministry of Science, Research and Technology of Iran

SCIENTIFIC COMMITTEE MEMBER

[2024 – 2024]

YANJIU CONFERENCE

Advisory Member...

Link: www.yanjiuconference.com

[6 Mar 2024 – 7 Mar 2024]

14th International Congress on Sport Science, Tehran, Iran

[2021]

13th International Congress on Sport Science, Tehran, Iran

[2019]

12th International Congress on Sport Science, Tehran, Iran

[25 Jun 2019]

6th National Student Conference of Sports Science of Shahid Beheshti University

[9 Oct 2018 – 11 Oct 2018]

First Eurasian sports science congress

[2017]

3st National Conference on New findings in Sport Sciences, Tehran, Iran

[2017]

11th International Congress on Sport Science, Tehran, Iran

[29 Nov 2017 – 30 Nov 2017]

3rd National Conference on Sport and diseases, kish, Iran

[2016]

10th International Congress on Sport Science, Tehran, Iran

[14 Dec 2016]

2st National Conference on New findings in Sport Sciences, Tehran, Iran

[2015]

9th International Congress on Sport Science, Tehran, Iran

[2015]

1st Sport Technology & Equipment Idea

[2014]

8th International Congress on Sport Science, Tehran, Iran

[2014]

1st National Conference on New findings in Sport Sciences, Tehran, Iran

THESIS AND DISSERTATION SUPERVISION

[2024]

Investigating the relationship between cognitive function and sarcopenia in the elderly

Role: Master's Thesis Supervisor

Student: Zahra Ghaffarian Lotfabadi

[2024]

Investigating walking speed and dynamic functional balance with the mediation of kinesiophobia level in the elderly

Role: Master's Thesis Supervisor

Student: Mehrdad Mehdizadeh Benhangi

[2024]

Kinesiophobia, physical performance and quality of life in the elderly with knee osteoarthritis

Role: Master's Thesis Supervisor

Student: Darya Marvi

[2024]

Compilation of elderly physical literacy development model in Iran

Role: Master's Thesis Supervisor

Student: Mohammad Reza Sedaghat Nia

[2024]

The effect of water consumption on cognitive function and balance of the elderly

Role: Master's Thesis Supervisor

Student: Fatemeh Saeidi Koosha

[2024]

Anthropometric characteristics of male and female crossfit athletes

Role: Master's Thesis Supervisor

Student: Haniyeh Hayeri Zadeh Harimi

[2024]

Comparison of musculoskeletal structures in the blind and visually impaired

Role: Master's Thesis Supervisor

Student: Mohadeseh Akati

[2024]

Investigating kinesiophobia, physical performance and quality of life in the elderly with coronary artery disease

Role: Master's Thesis Supervisor

Student: Narges Hosseini Yadaki

[2024]

The relationship between hand grip strength and type 2 diabetes in the elderly

Role: Master's Thesis Supervisor

Student: Elahe Jafarian Charmi

[2024]

A new tool for evaluating postural control in the elderly: multi-directional stepping

Role: Master's Thesis Supervisor

Student: Zhara Panj Zadeh

[2024]

The use of artificial intelligence in the classification of selected biomechanical variables during walking by age group

Role: PhD Dissertation Supervisor

Student: Rozhin Molavian

[2024]

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

Role: Master's Thesis Advisor

Student: Negar Danehpash

[2024]

The effect of different standing positions on the electromyographic activity of trunk and pelvic muscles and pain intensity in women low back pain developers during prolonged standing

Role: Master's Thesis Advisor

Student: Saeedeh Abbas

[2023]

The effect of eight weeks of diaphragmatic breathing exercise on the balance of elderly people with and without a history of falling

Role: Master's Thesis Supervisor

Student: Zahra Farkhari

[2023]

Relationship between satisfaction with body image, posture and body mass index in adolescent girls

Role: Master's Thesis Supervisor

Student: Fariba Pak Eteghad

[2023]

Comparison of ankle function of elderly people with and without a history of falling

Role: Master's Thesis Supervisor

Student: Ali Hossein Kazem ALzami

[2023]

Comparison of mood profile of active and inactive elderly

Role: Master's Thesis Supervisor

Student: Mahmoud Zuhair Saeed Bayi

[2023]

Investigating the anthropometric characteristics of football referees

Role: Master's Thesis Supervisor

Student: Kamal Sajet Bandar Al Badiri

[2022]

The effect of fatigue on selected kinetic and kinematic parameters of walking in people with flexible flat foot and normal foot

Role: PhD Dissertation Advisor

Student: Ebrahim Dortaj

[2022]

The relationship between anthropometric characteristics and musculoskeletal pain in Korash

Role: Master's Thesis Supervisor

Student: Mojtaba Zamani Moghaddam Dolo

[2022]

Investigating the effect of Solberg's virtual corrective exercises on foot arch, ankle dorsiflexion and knee valgus in obese elementary school boys

Role: Master's Thesis Supervisor

Student: Mohammad Lotfi Asl

[2022]

Effectiveness of mindfulness, balance and combined exercises on balance and fear of falling in the elderly

Role: Master's Thesis Supervisor

Student: Samaneh Sadeghi Khalilabad

[2022]

Relationship between modified functional movement screening scores, fear of falling and self-perceived balance in active elderly

Role: Master's Thesis Supervisor

Student: Ghazaleh Heravian

[2022]

Identification and prioritization of personality dimensions in active and inactive elderly

Role: Master's Thesis Supervisor

Student: Ahmed Amer Hamoud Al Asadi

[2021]

Validity and Reliability of the Sitting Star Excursion Balance Test (SSEBT) for individuals with spinal cord injuries

Role: Master's Thesis Supervisor

Student: Elham Shahi

[2019]

Isometric maximal strength ratio of antagonist/agonist muscles in ankle joints in healthy women

Role: Master's Thesis Supervisor

Student: Simin Kavosianzadeh

[2019]

The effect of focus of attention on the execution of eight weeks of preventive training for anterior cruciate ligament injuries on the kinematics and kinetics of landing movement in football players.

Role: Master's Thesis Advisor

Student: Nazanin Dalvandpour

[2017]

The Comparison of landing strategies between Football Players Flexible Flatfoot and Normal during single-leg drop landings and forward jump-landing tasks

Role: PhD Dissertation Advisor

Student: Hashem Piri

[2016]

Prevalence of upper cross syndrome among male high school students in the 9th district of Tehran, along with examining of an 8-week corrective exercises program.

Role: Master's Thesis Supervisor

Student: Hossein Zahedi Shulami

[2016]

Comparison of the effect of static, dynamic and injury prevention warm-up protocols on injury potential with an emphasis on cut-landing and single-leg and triple hopping tests in active men 18-25 years old.

Role: Master's Thesis Supervisor

Student: Mohammad Pourgolian

[2016]

The relationship between functional movement screening score and history of injury in active first secondary school students

Role: Master's Thesis Supervisor

Student: Mohammad Pourgolian

[2003]

The effect of adding mobilization to scapula focused training on pain, proprioception, kinematic components and upper extremity function in female rock climbers with shoulder impingement syndrome

Role: Master's Thesis Supervisor

Student: Bita Zanjani

TEACHING

[2009 – Current]

Kinesiology, Exercise Science, Kinesiopathology, Fitness, Sports for the Disabled, ,Musculoskeletal Biomechanics, Gait and Posture, Therapeutic Exercise, Exercise and Aging, Corrective Exercises, Sports Injuries, Sports Rehabilitation

PATENTS

[2021]

Trunk Rotation Flexometer Seat

Property and Document Registration System of the Country (Iran)

Intellectual Property Center.

Registration number: 106314

[2021]

Abdominal Strengthening Device by Elastic Resistance

Property and Document Registration System of the Country (Iran)

Intellectual Property Center.

Registration number: 105428

LANGUAGE SKILLS

Mother tongue(s): Persian | Kurdish | Laki

Other language(s):

English

LISTENING C2 READING C2 WRITING C1

SPOKEN PRODUCTION C2 SPOKEN INTERACTION C2

Arabic

LISTENING A1 READING A1 WRITING A1

SPOKEN PRODUCTION A1 SPOKEN INTERACTION A1

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

LICENSES & CERTIFICATIONS

[2009 – Current]

Older Adult Trainer

Red Crescent Society of the Islamic Republic of Iran

[2009 – Current]

Personal Trainer

[2009 – Current]

Corrective Exercise Specelist

[Apr 2017 – Current]

IPC Athletics Classifier

[Dec 2016 – Current]

IPC Swimming Classifier

[Feb 2009 – Current]

Strength & Conditioning Coach

[Jan 2008 – Current]

Standard First Aid & CPR certification

[Nov 2008 – Current]

Fitness Instructor

ATHLETIC AWARDS

[2012]

Gold Medal, Wrestling 84kg

Tehran University Sports Festival

[2011]

Gold Medal, Wrestling 84kg

Tehran University Games

[2011]

Gold Medal, Wrestling 84kg

Tehran University Sports Festival

[2011]

Bronze Medal, Handball

Tehran University Sports Festival

[2010]

Gold Medal, Wrestling 84kg

Tehran University Sports Festival

[2010]

Silver Medal, Handball

Tehran University Sports Festival, Silver Medal, Handball

[2009]

Gold Medal, Power-Lifting

Tehran University Sports Festival

[2004]

Gold Medal, Wrestling 84kg

Iran University Games

[2003]

Silver Medal, Wrestling 84kg

Iran University Games

[2002]

Silver Medal, Wrestling 84kg

Khorasan Razavi University Sports Festival

[2002]

Silver Medal, Shot Put

Khorasan Razavi University Sports Festival

[2002]

Silver Medal, 400m

Khorasan Razavi University Sports Festival

[2001]

Silver Medal, Wrestling 69kg

State High School, Khorasan Razavi Province

[2000]

Bronze Medal, Wrestling 66kg

State High School, Kermanshah Province