

CURRICULUM VITAE

Mahdieh Molanouri Shamsi

Ph.D. in Exercise Physiology



Contact Details

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Current Position: Associate Professor, Tarbiat Modares University

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Education

Tarbiat Modares University – Doctor of Philosophy (PhD) September 2008 – February 2012

My PhD thesis investigates the effect of resistance exercise training on myokines expression in skeletal muscles of diabetic rats. My thesis examines how resistance training affects myokines and inflammatory factors in diabetes.

Tarbiat Modares University – Master of Exercise Physiology September 2006 – July 2008

My master was on exercise testing and I designed a new step test for Iranian university girl.

Learning and Teaching

Associate Professor – Tarbiat Modares University

2012 - Present

Employed as a faculty member in the Physical Education and Sport Sciences Department. My role has involved teaching postgraduate level. The units of study where I been a member of the teaching staff are the following:

- Exercise Immunology
- Exercise Biochemistry
- Cellular and Molecular exercise physiology

Faculty member – Alzahra University

September 2013- January 2015

I have been involved with several units of study as faculty member for teaching graduate and postgraduate level and the School of Physical Education and Sport Sciences:

- Exercise Physiology
- Exercise Anatomy
- Assessment & Exercise Prescription for Chronic Conditions
- Health, Fitness and Performance



Research

Publications

1. **Mahdieh Molanouri Shamsi** , Alieh Vahed , AmirHossin Ahmadi Hekmatikar , Katsuhiko Suzuki . Combined Effects of Exercise Training and Nutritional Supplementation in Cancer Patients in the Context of the COVID-19: A Perspective Study. *Front Nutr.* 2022 Mar 9;9:847215. doi: 10.3389/fnut.2022.847215.
2. Mahdi Naderi , Hajar Kordestani , Zahra Sahebi , Vahid Khedmati Zare , Sadegh Amani-Shalamzari , Mojtaba Kaviani , Joachim Wiskemann , **Mahdieh Molanouri Shamsi**. Serum and gene expression profile of cytokines following combination of yoga training and vitamin D supplementation in breast cancer survivors: a randomized controlled trial. *BMC Womens Health.* 2022 Mar 24;22(1):90. doi: 10.1186/s12905-022-01671-8.
3. Masoud Rahmati , **Mahdieh Molanouri Shamsi** , Kayvan Khoramipour , Fatemeh Malakoutinia , Wongi Woo, Seoyeon Park , Dong Keon Yon , Seung Won Lee , Jae Il Shin , Lee Smith. Baseline physical activity is associated with reduced mortality and disease outcomes in COVID-19: A systematic review and meta-analysis *Rev Med Virol.* 2022 Sep;32(5):e2349. doi: 10.1002/rmv.2349. Epub 2022 Apr 13.
4. Masoud Rahmati , **Mahdieh Molanouri Shamsi** , Wongi Woo , Ai Koyanagi , Seung Won Lee , Dong Keon Yon , Jae Il Shin , Lee Smith. Effects of physical rehabilitation interventions in COVID-19 patients following discharge from hospital: A systematic review. *J Integr Med.* 2023 Mar;21(2):149-158. doi: 10.1016/j.joim.2023.01.003. Epub 2023 Jan 20.
5. M Mokhtarzade, **MM Shamsi**, M Abolhasani, B Bakhshi, MA Sahraian, Lifetime physical activity is associated with gut bacteria and brain health in people with multiple sclerosis: Focus on physical activity intensity. *Multiple Sclerosis and Related Disorders*, 103639
1. H Agha-Alinejad, AH Ahmadi Hekmatikar, RT Ruhee, **MM Shamsi**, ...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 ...*International Journal of Environmental Research and Public Health* 19 (3), 1888
2. **Mahdieh Molanouri Shamsi**, Alieh Vahed², AmirHossin Ahmadi Hekmatikar and Katsuhiko Suzuki. Combined Effects of Exercise Training and Nutritional Supplementation in Cancer Patients in the Context of the COVID-19: A Perspective Study. *Frontiers in Nutrition*, doi: 10.3389/fnut.2022.847215
3. M Mokhtarzade, **Molanouri Shamsi M**, M Abolhasani, B Bakhshi, MA Sahraian, Home-based exercise training influences gut bacterial levels in multiple sclerosis. *Complementary Therapies in Clinical Practice*, 2021. 101463



4. AHA Hekmatikar, **Molanouri Shamsi M**, ZSZ Ashkazari, K Suzuki. Exercise in an Overweight Patient with Covid-19: A Case Study. *International Journal of Environmental Research and Public Health* 18 (11), 5882
5. N Khosravi, ED Hanson, V Farajivafa, WS Evans, JT Lee, E Danson, **Molanouri Shamsi M**. Exercise-induced modulation of monocytes in breast cancer survivors. *Brain, Behavior, & Immunity-Health* 14, 100216
6. **Molanouri Shamsi M**, Mohammad Hassan M. Exercise, Selenium and Cancer Cells. *Cancer. Preedy V. Cancer: Oxidative Stress and Dietary Antioxidants. Chapter 42; 2020; <https://doi.org/10.1016/B978-0-12-819547-5.00042-0> (Book Chapter)*
7. **Molanouri Shamsi M**, AHA Hekmatikar. Exercise-induced Hsp70 Reduces the Possibility of Infection with COVID-19. *Alexzander A. A. Asea Punit Kaur; Heat Shock Proteins. Coronavirus Vol 1, 2022; (NOVA Science Publishers, forthcoming, Book Chapter).*
8. **Molanouri Shamsi M**, Mohammad Hassan M, Gharakhanlou R. *Exercise-Induced Chaperokine Activity of Hsp70: Possible Role in Chronic Diseases; Alexzander A. A. Asea Punit Kaur; Chaperokine Activity of Heat Shock Proteins. Springer Nature Switzerland AG. 2019; pp 193-209 (Book chapter)*
9. **Molanouri Shamsi M**, Jalali M, Bakhshi Bi, Fazel N, Mokhtarzade M, Bahroudi M, Quinn L S; Sadeghi Kalani B. A pilot study on the relationship between *Lactobacillus*, *Bifidobacterium* counts and inflammatory factors following exercise training. *The archive of Physiology and biochemistry; 2021; doi.org/10.1080/13813455.2021.1871763*
10. **Molanouri Shamsi M**, Chekachak S, Soudi S, Gharakhanlou R, Quinn LS, Ranjbar K, Rezaei S, Shirazi FJ, Allahmoradi B, Yazdi MH, Mahdavi M, Voltarelli FA. Effects of exercise training and supplementation with selenium nanoparticle on T-helper 1 and 2 and cytokine levels in tumor tissue of mice bearing the 4 T1 mammary carcinoma. *Nutrition. 2019;57:141-147.*
11. Gorzi A, Asadi M, Voltarelli FA, **Molanouri Shamsi M**. Effects of Curcumin Supplementation on Antioxidant Capacity and Gastric Mucosal Injury Following Strenuous Endurance Training in Rats. *Comparative Exercise Physiology Journal. 2021; 17(1); 17-24*
12. Negaresh R, Motl RW, Mokhtarzade M, Dalgas U, Patel D, **Molanouri Shamsi M**, Majdinasab N, Ranjbar R, Zimmer P, Baker JS. Effects of exercise training on cytokines and adipokines in multiple Sclerosis: A systematic review. *Mult Scler Relat Disord. 2018;24:91-100.*
13. **Molanouri Shamsi M**, Chekachak S, Soudi S, Quinn LS, Rangbar K, Chenari J, Yazdi MH, Mahdavi M. Combined effect of aerobic interval training and selenium nanoparticles on expression of IL-15 and IL-10/TNF- α ratio in skeletal muscle of 4T1 breast cancer mice with cachexia. *Cytokine. 2017;15:90:100-108.*
14. Rezaei S, **Molanouri Shamsi M**, Mahdavi M, Jamali A, Prestes J, Tibana RA. Endurance exercise training decreased serum levels of surfactant protein D and improved aerobic fitness of obese women with type-2 diabetes. *Diabetology & Metabolic Syndrome; 2017; 9 (1), 74*
15. Ghayomzadeh M, Seyed Alinaghi S, **Molanouri Shamsi M**, Rezaei S, Earnest CP, Akbarnejad S et al. Effect Of 8-Week of Hospital-Based Resistance Training Program on TCD4+ Cell Count



and Anthropometric Characteristic of HIV Patients in Tehran, Iran: A Randomized Controlled Trial. *J Strength Cond Res.* 2017 Dec 6.

16. **Molanouri Shamsi M**, S Najedi, ZM Hassan, A Isanejad, M Mahdavi. Short term exercise training enhances cell-mediated responses to HSV-1 vaccine in mice. *Microbial Pathogenesis*; 2017; 110, 457-463
17. Rezaei S, Agha-alinejad H, **Molanouri Shamsi M**, Jafari M, Voltarelli FA, Naderi A, Evaluation of efforts in untrained Wistar rats following exercise on forced running wheel at maximal lactate steady state. *JENB (Journal of Exercise Nutrition & Biochemistry)*; 2017; 21 (1), 26-32
18. Mokhtarzade M, Ranjbar R, Majdinasab N, Patel D, **Molanouri Shamsi M**. Effect of aerobic interval training on serum IL-10, TNF α , and adipokines levels in women with multiple sclerosis: possible relations with fatigue and quality of life. *Endocrine.* 2017;57(2):262-271.
19. **Molanouri Shamsi M**, Mahdavi M, Quinn LS, Gharakhanlou R, Isanegad A. Effect of resistance exercise training on expression of Hsp70 and inflammatory cytokines in skeletal muscle and adipose tissue of STZ-induced diabetic rats. *Cell Stress Chaperones.* 2016;21(5):783-91.
20. **Molanouri Shamsi M**, Hassan ZM, Quinn LS, Gharakhanlou R, Baghersad L, Mahdavi M. Time course of IL-15 expression after acute resistance exercise in trained rats: effect of diabetes and skeletal muscle phenotype. *Endocrine.* 2015;49(2):396-403.
21. Isanejad A, Saraf ZH, Mahdavi M, Gharakhanlou R, **Molanouri Shamsi M**, Paulsen G. The effect of endurance training and downhill running on the expression of IL-1 β , IL-6, and TNF- α and HSP72 in rat skeletal muscle. *Cytokine.* 2015;73(2):302-8.
22. **Molanouri Shamsi M**, Hassan ZH, Gharakhanlou R, Quinn LS, Azadmanesh K, Baghersad L, Isanejad A, Mahdavi M. Expression of interleukin-15 and inflammatory cytokines in skeletal muscles of STZ-induced diabetic rats: effect of resistance exercise training. *Endocrine.* 2014;46(1):60-9.
23. AH Ahmadi Hekmatikar, S Amani Shalamzari, **M Molanouri Shamsi**. Hygiene protocols during the coronavirus pandemic for athletes: biref report. *Tehran University Medical Journal TUMS Publications* 79 (4), 314-318
24. Sadeghipoor Vojdani F, Agha-Alinejad H, **Molanouri Shamsi M**, Soudi S, Khanchi S. The Effect of Interval Training on the Expression of Tumor Suppressor Gene, Systemic Inflammation, and Tumor Volume in Breast Cancer-Bearing BALB/c Mice. *ijbd.* 2019; 12 (3) :17-25
25. Farajivafa V, Khosravi N, **Molanouri Shamsi M**, Agha-Alinejad H. Exercise and Heart Rate Variability in Cancer Patients: A Systematic Review. *ijbd.* 2019; 12 (4) :64-75
26. Khosravi N, Hanson E, Farajivafa V, Agha-Alinejad H, Haghighat S, **Molanouri Shamsi M**, et al . Changes in Monocyte Populations Following Acute Aerobic Exercise in Breast Cancer Survivors. *ijbd.* 2018; 11 (1) :7-16 URL: <http://ijbd.ir/article-1-659-fa.html>



27. **Molanouri Shamsi M**, Jamali A. Adjuvant effect of an acute moderate endurance exercise in herpes simplex virus 1 vaccination and its boosters on interleukin 10 cytokine and granzyme B in mice . Tehran Univ Med J. 2018; 76 (2) :96-102. URL: <http://tumj.tums.ac.ir/article-1-8769-fa.html>
28. Chekachak S, **Molanouri Shamsi M**, Soudi S. Investigating The Effect of Aerobic Interval Training with Selenium Nanoparticles on the Content of IL-6, TNF-a and IL-4 cytokines in spleen tissue of Mice with Breast Cancer. J Fasa Univ Med Sci. 2018; 8 (1) :608-617. URL: <http://journal.fums.ac.ir/article-1-1315-fa.html>
29. Chekachak S, **Molanouri Shamsi M**, Soudi S. Assessment of Aerobic Training with Selenium Nanoparticles Supplementation Effects on Cytokines Levels of Liver Tissue in 4T1 Breast Cancer Mice. Iranian Journal of Endocrinology and Metabolism; 2017; 19 (2), 116-125
30. **Molanouri Shamsi M**, Mahdavi M. The Effect Of Resistance Training On Expression Of Interleukin-6 And Rcan-1 In Skeletal Muscle Of Streptozotocin-Induced Diabetic Rats. ijdd. 2016; 15 (5) :283-291. URL: <http://ijdd.tums.ac.ir/article-1-5415-fa.html>
31. AghaAlinejad H, Delfan M, Mirzaei Rabar M, Lotfi S, **Molanouri M**, Mirakhori Z. Effects of Age, Gender, Body Composition on Cardio Respiratory Fitness in Students Aged 8 – 11 Years Using the FFMI-FMI Regression Model. Iranian Journal of Endocrinology and Metabolism. 2009; 11 (3) :301-306. URL: <http://ijem.sbm.ac.ir/article-1-813-en.html>
32. Agha Alinejad H, **Molanouri Shamsi M**, Azarbayjan M, Rahimi M, Asghari Jafarabadi M, Tofighi L et al . The Effects of Active Recovery on Serum IL-6, IL-8, IL-10 and CK Concentrations After Eccentric Strenuous Exercise in Active Female. Iranian Journal of Endocrinology and Metabolism. 2010; 11 (5) :553-560. URL: <http://ijem.sbm.ac.ir/article-1-901-en.html>
33. Agha Alinejad H, **Molanori Shamsi M**. Exercise Induced Release of Cytokines From Skeletal Muscle: Emphasis on IL-6. Iranian Journal of Endocrinology and Metabolism. 2010; 12 (2) :181-190. URL: <http://ijem.sbm.ac.ir/article-1-799-en.html>
34. Agha Alinejad H, Nazarali P, Rezaee Z, Delfan M, **Molanori Shamsi M**, Habibi F. The Effect of Gender Differences on the Response of IL-6, IL-15, Cortisol to Single Session of Circuit Resistance Exercise in Elite Handball Players . Iranian Journal of Endocrinology and Metabolism. 2011; 13 (4) :412-417. URL: <http://ijem.sbm.ac.ir/article-1-1110-en.html>
35. Amani Shalamzari S, Agha Alinejad H, Gharakhanlou R, **Molanouri Shamsi M**, Talebi Badrabadi K. The Effect of Body Composition and Physical Activity on Basal Levels of Insulin, Glucose, IL-18, IL-6 & CRP and Their Relationship with Insulin Resistance. Iranian Journal of Endocrinology and Metabolism. 2009; 11 (6) :699-706
36. Gorzi A, Rajabi H, Azad A, **Molanouri shamsi M**, Hedayati M. Effect of Concurrent, Strength and Endurance Training on Hormones, Lipids and Inflammatory Characteristics of Untrained Men. Iranian Journal of Endocrinology and Metabolism. 2012; 13 (6) :614-620. URL: <http://ijem.sbm.ac.ir/article-1-1133-fa.html>



Articles without Preview

1. Zare MS, Sadeghian Shahi MR, **Molanouri Shamsi M**. Effects of body mass index on fundamental motor skills among Yazd pupils ranged by 7-8 years old; IJPAS, 2014.
2. Hajjsadeghi H, Sadeghian Shahi MR, **Molanouri Shamsi M**. A survey on the time spent watching TV and playing computer games by obese and underweight seven or eight-year-old boys and its relation with selected factors of physical fitness and body composition. Indian J.Sci.Res; 2014.
3. Mohammad Ghaderi, **Mahdieh Molanouri Shamsi**, Mehdi Madavi. The Effect of resistance exercise training on calcineurin signaling expression in skeletal muscle of diabetic rats. European Journal of Experimental Biology, 2012.
4. Ghaderi M, Azerbaijani MA, Alinejad HA, Atashak S, **Molanouri Shamsi M**, Ghaderi D. Influence of music type listening on anaerobic performance and salivary cortisol in males' athletes. Figshare, 162-167, 2012.
5. **Molanouri Shamsi M**, Ghaderi M, Agha Alinejad H, Gharakhanlou R. Maxima step test: a new approach to step test improvements; World Applied Sciences Journal 12 (11): 2058-2060, 2011.
6. **Molanouri Shamsi M**, Ghaderi M, Agha Alinejad H, Talebi Badrabadi K. Queen's College Step Test Predicted VO₂Max: The Effect of Stature; Annals of Biological Research. 2011, 2 (6):371-377.
7. Ghaderi M, Azarbayjani M.A, Atashak S, **Molanouri Shamsi M**, Saei SM, Sharafi H. The Effect of maximal progressive exercise on serum cortisol & immunoglobulin a response in young elite athletes; Annals of Biological Research, 2011, 2 (6):456-463.

National and International Conference Abstracts

1. Effects of home-based combined exercise training in Covid-19 pandemic on physical performance and body composition in Iranian overweight pregnant women; 2021; London, England
2. The Effect of Combined Exercise Training on Interleukin-6 Levels in Overweight Pregnant Women; 2021; Tehran; Iran.
3. Immunology of Exercise, Aging, and Nutrition. Investigating the ratio of Th1/Th2 cells after three sessions of endurance exercise as an adjuvant in HSV-gd1 DNA vaccine. 2018, Tehran, Iran.
4. 11th International Conference of Physical Education and Sport Sciences. The impact of a session of eccentric endurance exercise as Adjuvant in HSV-gD1 DNA vaccine on the ratio of INF- to IL-4 cytokines in spleen tissue of Balb/c Mice. 2018, Tehran, Iran.



5. 2nd International and 23rd Iranian Congress of Physiology and Pharmacology Effects of Exercise Training and Supplementation with Selenium Nanoparticle on Immune Responses and Cytokine Levels in Tumor tissue of mice. 2018, Chabahar, Iran.
6. 10th international congress on physical education and sport sciences; Effect of aerobic interval training and Se NAs supplementation on immune responses in cancer mice. 2017, Tehran, Iran.
7. 13th International Congress of Immunology and Allergy of Iran; Interaction between Skeletal Muscle and Immune System Following Exercise Training; 2016, Tabriz, Iran.
8. 9th international congress on physical education and sport sciences; The Effect of Resistance Training on Expression of IL-6 and Clacineurin Activation in Skeletal Muscle of Diabetic Rats; 2016, Tehran, Iran.
9. 9th international congress on physical education and sport sciences; The effects of aerobic interval training along with selenium Nano-particles supplementation on skeletal muscle performance in mice with breast cancer; 2016, Tehran, Iran.
10. 9th international congress on physical education and sport sciences; The Effect of Aerobic Training in Water on Testosterone, LH and FSH in Women with Polycystic Ovary Syndrome; 2016, Tehran, Iran.
11. 17th international conference on exercise and biomedical sciences; Effect of 10 weeks of aerobic exercise training on serum concentrations of surfactant protein D and insulin resistance in women with type 2 diabetes. 2015, Dubai, United Arab Emirates (UAE).
12. 12th International Congress of Immunology and Allergy of Iran, Evaluation the adjuvant activity of moderate short-term exercise training on antibody response against HSV-1 vaccine. 2014, Tehran, Iran.
13. International congress of sport for all and sport tourism, The effect of physical inactivity on markers of inflammation, HOMA and well-being Nov, 2009. Istanbul, Turkey.
14. National Conference on Applied Physical Education and Sports Sciences "Immune System Function in Resistance Sports". 2011, Taft, Iran.
15. Designing a new step test to estimate maximum aerobic power (VO₂max). International Conference of Physical Education and Sports Sciences. 2010, Kish, Iran.
16. Relationship between height and maximum aerobic power (VO₂max) in Queen step test and measurement of respiratory gases on the treadmill. International Conference of Physical Education and Sports Sciences. 2010, Kish, Iran.
17. National Conference on Applied Physical Education and Sports Sciences. The effect of a short period of moderate exercise on lymphocyte proliferative responses following injection of HSV-1 vaccine, 2011, Taft, Iran.



18. National Conference on Applied Physical Education and Sports Sciences. Effective effect of moderate exercise in two different volumes of exercise on the cytokine response of IL-4 following injection of HSV-1 vaccine. 2011, Taft, Iran.
19. National Conference Physical Education and Sports Sciences. The effect of 8 weeks of aerobic exercise on AGRP in obese non-athlete men with type 2 diabetes. 2013, Tehran, Alzahra University, Iran.
20. National Conference Physical Education and Sports Sciences. The effect of 10 weeks of combined training on some performance factors of elite wheelchair basketball players in Qazvin province. 2013, Tehran, Alzahra University, Iran.
21. Second National Conference of Novel findings in Physical Education and Sports Sciences. The effect of interval exercise training with selenium nanoparticles on the antioxidant capacity in tumor tissue of mice with breast cancer. 2015, Chapbahar, Iran.
22. The 6th Student Conference on sport sciences at Shahid Beheshti University. Exercise as an adjuvant for breast cancer. 2019, Tehran. Iran.
23. Iranian physical education and sport sciences conference. Assessing the body composition by watching TV and playing computer games in 7-8 year old Obese and light weight male students in Yazd. 2013, Tehran, Iran.
24. First National Conference of Novel findings in Physical Education and Sports Sciences. Survey of TV watching and computer games of obese 7-8 year old school boys and its relationship with body mass index and lean body weight in Yazd. 2013, GhaemShahr, Iran.

Funding and Grants

1. **Iranian Stem Cell Council.** Role of skeletal muscle stem cells in adjuvant effects of an acute endurance exercise in mice.
2. **Iranian Cognitive Sciences & Technologies Council.** Investigation of trainability of Selected Phenotypes of Genes Polymorphism Associated with Cognitive Function in Women with Type 2 Diabetes after Combined Exercise Training
3. **Iranian research center for HIV/AIDS;** Investigating physical activity and its association with body composition, fatigue and number of CD4 cells in patients with HIV, referred to Behavioral Counseling Center of Imam Khomeini Hospital in Tehran;



4. **Islamic Azad University** ; The effect of resistance training course on inflammatory factors of skeletal muscle in diabetic rats;

Master's thesis

1. The effect of home-based combined exercise training on serum level of IL-17 and the selected factors influencing physical fitness in overweight pregnant mothers
2. The effect of High Intensity Circuit Training on levels of eHSP70 and IL6 in adolescence boys' soccer player
3. Effect of 10-week aerobic exercise training on IL-17 and its relations to Quality of life in overweight young woman
4. Effects of four weeks high intensity interval training (HIIT) with blood flow restriction (BFR) following a training period on serum levels IL17 and Cardiovascular Indices and Muscular fitness, and Body Composition in active young male students
5. The Effect of Endurance Exercise Training on Intestinal Bifidobacterium, Insulin Resistance and Lipid Indexes in Overweight Young Women
6. Evaluation of changes in autophagy factors and cytokines in skeletal muscle follow in injection of HSV-gD1 DNA vaccine and short-term endurance eccentric exercise training in mouse model
7. The Effect of Aerobic Exercise Training in Water on Ovarian Androgens and Body Composition in Women with Polycystic Ovary Syndrome
8. The effect of interval training with selenium nanoparticles on oxidative stress in tumor and skeletal muscle in mice model with breast cancer
9. Effects of endurance exercise training with selenium nanoparticles on IL-15 protein in skeletal muscle and tumor tissue in mice with breast cancer

Doctoral dissertations

1. The effect of eccentric endurance exercise as an adjuvant in DNA of gD1-HSV vaccine and its relationship with skeletal muscle stem cell activation in a mouse model
2. The effect of combined exercise training at home on changes in selected microbiomes and their relationship with IL-17 concentration and disease status in people with multiple sclerosis
3. Evaluation of the Effect of a Multi-Component Exercise Training on Cognitive Function in Elderly Women with Type 2 Diabetes: Special Focus on Serum Levels and Genotyping of Selected Polymorphisms of TNF- α and IL-10 Cytokines



Qualifications

Lab Physiology techniques: Real-time Pcr; Western blot analysis; ELISA

Lab Exercise physiology techniques: Doing and analyzing physical fitness tests

Certificate in Fitness

AFC Futsal Coaching Level 1

Referees

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