






Hossein Mohammadi


Assistant Professor in exercise physiology

- DoB: 1982-09-21
- Marital Status: Married
- Military Service: Served

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 Moalem Street, Neyshabur, Razavi
Khorasan, Iran

Skills

Exercise Physiology



Kinesiology



Biomechanics



Sports Science



Exercise Testing



Physiological Assessment



Cardiovascular Fitness



Strength Training



Research Methods



Statistical Analysis



Dynamic and dedicated Assistant Professor in Exercise Physiology with a robust background in research and teaching. Committed to fostering student engagement through innovative curricula and hands-on learning experiences. Adept at utilizing advanced methodologies to explore the physiological effects of exercise on health and performance. Proven track record of publishing in reputable journals and presenting at national conferences. Passionate about mentoring future professionals and advancing the field of exercise science through collaboration and community outreach.

● Education

Bachelor of Exercise Sciences

« 2001 - 2005

Branch: General

Institute/University: Arak university

Arak, Markazi, Iran

Master of Exercise Physiology

« 2005 - 2007

Branch: Exercise Physiology

Institute/University: Shahid Bahonar University

Kerman, Iran


PhD in Exercise Physiology


« 2014 - 2018

Branch: Exercise Physiology

Institute/University: Birjand University

Birjand, South Khorasan , Iran

 mohammadi-hossein

 dr.hossein_mohammadi

● Work Experience

Assistant Professor in exercise physiology

« July 2023 - Present

Higher Education Institute of Vahdat

Torbat-e Jam, Razavi Khorasan, Iran

Tasks and Achievements

- Developed and implemented advanced exercise physiology courses, enhancing student engagement and learning outcomes.
- Established community outreach programs focused on promoting health and fitness through exercise, benefiting local residents.

Lecturer

« July 2005 - March 2007

Azad University of Kerman

Kerman, Iran

Tasks and Achievements

- Developed and implemented advanced exercise physiology courses, enhancing student engagement and learning outcomes.

Lecturer

« July 2012 - March 2014

Sama College of Neyshabu

Neyshabur, Razavi Khorasan, Iran

Tasks and Achievements

- Developed and implemented advanced exercise physiology courses, enhancing student engagement and learning outcomes.

Lecturer

« July 2012 - March 2014

Azad University of Neyshabur

Neyshabur, Razavi Khorasan, Iran

Tasks and Achievements

- Developed and implemented advanced exercise physiology courses, enhancing student engagement and learning outcomes.

Lecturer

« July 2016 - July 2017

University of Neyshabur

Neyshabur, Razavi Khorasan, Iran

Tasks and Achievements

- Developed and implemented advanced exercise physiology courses, enhancing student engagement and learning outcomes.

Teacher

« August 2021 - April 2023

Sama High School

Neyshabur, Razavi Khorasan, Iran

Tasks and Achievements

- Developed and implemented advanced exercise physiology courses, enhancing student engagement and learning outcomes.

- **Language**

English : B1

IELTS

Persian : A1

Farsi

- **Certificates**

Exercise Physiologist (CEP)

Institute: University of Birjand

March 2018

Fitness Coach

Institute: Iran Fitness Federation

May 2001

- **Research**

Changes in soldiers' aerobic fitness and muscle endurance during initial basic training of police

Publisher: International Journal of Applied Exercise Physiology

December 2012

Influence of vibration on some of functional markers of delayed onset muscle sorenes

Publisher: International Journal of Applied Exercise Physiology

December 2012

The effect of repeated bouts of eccentric exercise on some of Functional markers of delayed onset muscle sorenes

Publisher: International Journal of Applied Exercise Physiology

December 2012

The effect of repeated bouts of eccentric exercise on some of Biochemical markers of delayed onset muscle sorene

Publisher: International Journal of Applied Exercise Physiology

December 2015

Comparison of the effect of rest interval between sets and set - repetition configuration during bouts of eccentric exercise on muscle damage and inflammatory markers

Publisher: International Journal of Applied Exercise Physiology

March 2018

Response of creatine kinase and lactate dehydrogenase enzymes to rest interval between sets and set-repetition configuration during bouts of eccentric exercise

Publisher: Interv Med Appl Sci.

June 2018

The Effect of Eccentric Exercise with Variations in Rest Interval on Creatine Kinase and Lactate Dehydrogenase Enzymes in Sedentary Young Men

Publisher: J Gynecol Women's Health

April 2019

the effect of twelve weeks of manual therapy on pain and range of motion in women with chronic non-specific back pain

Publisher: Medical Journal of Mashhad

June 2022

University of Medical Science

The effect of rest interval between sets during bouts of eccentric exercise on serum levels of TNF- α in untrained men

Publisher: Medical Journal of Mashhad

June 2022

University of Medical Science

● **Projects**

Comparison of the effect of rest interval between sets and set-repetition during bouts of eccentric exercise on muscle damage and inflammatory markers in sedentary young men

For: PhD

March 2018

the effect of bouts of eccentric exercise on muscle damage and inflammatory markers in sedentary young men

For: MS.c

April 2007

3- Evaluation and Comparison of different intensities of resistance training, HIIT and MCIT training on lipid profile and enzymatic and non-enzymatic markers of liver function in overweight and obese adolescents with nonalcoholic fatty liver disease

For: Postdoctoral Position

January 2020

It was approved as postdoc plan in Federal University of Rio de Janeiro. Unfortunately, the scholarship was canceled .

- **References**

Prof. Dr. Mohammad Esmail Afzalpour

Full Professor in Exercise Physiology, University of Birjand

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Prof. Dr. Mansur Sahebozamani

Full Professor in Exercise Rehabilitation, Shahid Bahonar University of Kerman

sahebozamani@yahoo.com

+98 9133970521

- **Personal interests**

Delayed Onset Muscle Soreness

Alzheimer Disease

Diabetes

- **Soft Skills**

Exell , Power Point, Spss

- **Professional Memberships**

Referee in Medical Journal of Tabriz

2018