

CURRICULUM VITAE

Dec. 05, 2018

Name: Reza

Family name: Gharakhanlou- (Male)

Date of Birth: April /11/1958

Place of Birth: Tehran

Citizenship: Iranian

Marital Status: Married with two children

Mailing Address: Tarbiat Modares University-P.O.BOX 14155-4838 Tehran , Iran

Phone and Fax (office): (+9821) (82884646)

Mobile: +989123279536 E-mail: ghara_re@modares.ac.ir

Academic Qualifications:

1986: B.A in PE & Sports Sciences. Tarbiat Moallem University.Tehran- IRAN

1992: M.A in PE & sports Sciences. Tarbiat Modares University. Tehran- IRAN

1998: Ph.D in Exercise Physiology. Montreal University- Canada.

Employment Record:

professor of Tarbiat Modares University (since 1987).

Administrative Experiences:

- 1) 1986-1989: Chief of Trainer Academy of Iranian Physical Education Organization.
- 2) 1989-1991: Deputy in Department of Physical Education in Tarbiat Modares University.

- 3) 1991-1992: President of Iranian University Sport Organization.
- 4) 1999-2002: Head of IRAN Sport Science Research Center, Ministry of Higher Education.
- 5) 2000-2004: Deputy of vice president of Islamic Republic of IRAN and president of IRAN physical Education Organization.
- 6) 2004-2008: Head of IRAN National Olympic Committee.
- 7) 2008-2009: Congress Commission Director, Olympic Council of Asia.
- 8) 2000-2004: Advisor to the Minister of Higher Education, I.R. IRAN.
- 9) 2002-2004: Vice president of ASPES.
- 10) 2001-2005: Vice president of IRAN sport science association.
- 11) 2002-2006: Head of planning committee for sport science Faculties, Ministry of Higher education.
- 12) 2005-2008: President of Regional Anti-Doping Organization of Central Asia (RADOCA)
- 13) Since 2013: Head of Strategic Studies Committee, Iran Soccer Federation
- 14) 2013-2018: Head of Iran Sport Science Research Institute, Ministry of Higher Education.
- 15) Since 2018 : Head of Iran national Olympic academy

Some Researches:

- 1) The effects of Exercise Training on the content, axonal transport, and release of CGRP in rats.
- 2) The effect of vitamin E and C supplementation on the immune response in trained men.
- 3) The effect of a sub maximal swimming program on plasma ANP concentration and its relationships with blood pressure variations of Essential Hypertension in middle-age men.
- 4) The effects of aerobic training on plasma APOA-1, APOB, LDL size, in the adult men.
- 5) Effect of resistance training and creatine supplementation on serum levels of Myostatin and GASP-1
- 6) Effect of Choline supplementation on endurance performance and muscular responses of leg muscles in trained cyclists.
- 7) Effects of selected aerobic exercises on the serum paraoxonase (PON1) activity, and Lipid profile in sedentary healthy men.
- 8) Effects of Endurance, Resistance and concurrent training on CGRP content and mRNA expression of CGRP receptor's Accessory proteins in Fast twitch and slow twitch Muscles of Wistar rats.

Some of Publications (articles):

- 1.The effect of a sub maximal swimming Program on Plasma ANP concentration, and its Relationships with Essential Hypertension in Middle-age Males. World Applied Sciences Journal (WASJ). 5(4):455-459, 2008
- 2.The effects of aerobic exercises on the serum oxidized LDL and total antioxidant capacity in non-active men. CVD prevention and control,(2008), Vol.3, pp 77-82
- 3.Increased Activity in the form of Endurance Training increases CGRP content in lumbar motoneuron cell bodies and in Sciatic nerve in the rat. Neuroscience,(1999)vol,89 No.4,pp.1229-1239
- 4.Effects of Aerobic Exercises on the serum Paraoxonase1, Arylesterase Activity and lipid profile in Non-Active Healthy Men. IJSSE (International Journal of Sports Science and Engineering), (2007), vol.1,No2.pp.105-112
- 5.CGRP expression in rat Soleus Motoneurons following endurance training. Canadian Journal of Applied Physiology, Suppl. No.22.1997.
6. Noninvasive determination of anaerobic threshold by monitoring the %Spo₂ changes and respiratory gas exchange. Journal of Strength and Conditioning Research. Vol. 23- No. 7- Oct. 2009
7. Effects of oral creatin and resistance training on serum myostatin and GASP1. Molecular and Cellular Endocrinology, (2010), 317: 25-30
8. Wireless near-infrared spectroscopy of skeletal muscle oxygenation and hemodynamics during exercise and ischemia. Spectroscopy, (2009), 23: 233-241
- 9.Analysis of type and level of physical activities of defenders & midfielders in Iran's football premier league. PAN-ASIAN Journal of sports & Physical Education, (2010), Vol. 2, No. 1:99-110
10. Physiological and Performance Changes from the Addition of a Sprint Interval Program to Wrestling Training. Journal of Strength and Conditioning Research, (2011) 25 (9): 2392-2399.
11. A practical model of low-volume high-intensity interval training induces performance and metabolic adaptations that resemble “all-out” sprint interval training, (2011) 10: 571-576
12. Effects of aerobic exercise on lung function in overweight and obese students. Tannaffos (2011) 10(3), 24-31
13. Changes of plasma angiogenic factors during Chronic resistance exercise in Type I Diabetic Rats, PAKISTAN JOURNAL OF MEDICAL SCIENCES, (2012) 2, 328-332

14. Anthropometric measures as predictors of cardiovascular disease risk factors in the urban population of Iran. *Arquivos Brasileiros de Cardiologia*, (2012) 98, 126-135
15. Effects of Endurance and Resistance Training on Calcitonin Gene-Related Peptide and Acetylcholine Receptor at Slow and Fast Twitch Skeletal Muscles and Sciatic Nerve in Male Wistar Rats. *Int. J. of Peptides* (2012): 1-8
16. Individual and Concomitant Effects of Cardioprotective Programs on Cardiac Adrenergic System and Oxidative State in L-NAME-Induced Hypertension. *Clinical and Experimental Hypertension*. (2012): 1-8
17. Effect of resistance training on plasma nitric Oxide and asymmetric dimethylarginine concentrations in type I diabetic rats. *Int. J. preventive medicine* (2013) 2: 78-84
18. Analysis of type and level of physical activities of defenders & midfielders in Iran's football premier league. *Pan-Asian J of sport & physical education*. (2010) 2: 100-110
19. Exercise-Induced changes of MCT1 in cardiac and skeletal muscles of diabetic rats induced by high-fat diet and STZ. *J. Physiol. Biochem*. (2013)
20. The Effect of a Submaximal Swimming Program on Plasma ANP Concentration and its Relationships with Essential Hypertension in Middle-age Males - *World Applied Sciences Journal* –2008
- 21- Noninvasive determination of anaerobic threshold by monitoring the %SpO₂ changes and respiratory gas exchange - *the Journal of Strength and Conditioning Research* – 2009
- 22- Wireless near-infrared spectroscopy of skeletal muscle oxygenation and hemodynamics during exercise and ischemia- *Journal of Spectroscopy*-2009
- 23- Effects of oral creatine and resistance training on serum myostatin and GASP-1 - *Molecular and Cellular Endocrinology* -2010
- 24- A practical model of low volume high-intensity Interval training induces performance and metabolic Adaptations that resemble ‘all-out’ sprint interval training – *Journal of Sports Science and Medicine*- 2011
- 25- Physiological and performance changes from The addition of a sprint interval program to wrestling training – *the Journal of Strength and Conditioning Research* - 2011
- 26- Effects of Aerobic Exercise on Lung Function in Overweight and Obese Students – *Tanaffos (Respiration)* – 2011

- 27- Changes of plasma angiogenic factors during Chronic resistance exercise in Type I Diabetic Rats – PAKISTAN JOURNAL OF MEDICAL SCIENCES – 2012
- 28- Anthropometric measures as predictors of cardiovascular disease risk factors in the urban population of Iran – Arquivos Brasileiros de Cardiologia-2012
- 29-Effects of Endurance and Resistance Training on Calcitonin Gene-Related Peptide and Acetylcholine Receptor at Slow and Fast Twitch Skeletal Muscles and Sciatic Nerve in Male Wistar Rats - International Journal of Peptides – 2012
- 30- Individual and Concomitant Effects of Cardioprotective Programs on Cardiac Apelinergic System and Oxidative State in L-NAME-Induced Hypertension - Clinical and Experimental Hypertension – 2012
- 31-Effect of resistance training on plasma nitric Oxide and asymmetric - dimethylarginine concentrations in type I diabetic rats - Int. J. preventive medicine – 2013.
- 32- Analysis of type and level of physical activities of defenders & midfielders in Iran's football premier league - Pan-Asian J of sport & physical education – 2010
- 33-The effects of aerobic exercises on the serum oxidized LDL and total antioxidant capacity in non-active men - CVD prevention and control – 2008
- 34 - Exercise-Induced changes of MCT1 in cardiac and skeletal muscles of diabetic rats induced by high-fat diet and STZ - J. Physiol. Biochem – 2013
- 35 - The study of effect of resistance training on plasma S1P level and gene expression of S1P1,2,3 receptors in male Wistar rats Minerva Endocrinologica-2013
- 36 – Expression of interleukin-15 and inflammatory cytokines in skeletal muscles of STZ-induced diabetic rats: effect of resistance exercise training – Endocrine -2014
- 37-The effect of high-fat diet and streptozotocin-induced diabetes and endurance training on plasma levels of calcitonin gene-related peptide and lactate in rats - Canadian Journal of Diabetes – 2014
- 38-Time course of IL-15 expression after acute resistance exercise in trained rats: effect of diabetes and skeletal muscle phenotype-Endocrine – 2014
- 39- Treadmill Training Modifies KIF5B Motor Protein in the STZ-induced Diabetic Rat Spinal Cord and Sciatic Nerve -Archives of Iranian medicine – 2015
- 40- Predictors of Women's Exercise Behavior Based on Developed Theory of Planned Behavior with Action and Coping Planning- Health Education & Health Promotion – 2013

41- Determinants of Physical Activity Based on the Theory of Planned Behavior in Iranian Military Staff's Wives: A Path Analysis - Global Journal of Health Science - 2015

42- Effects of Endurance Training on A12 Acetyl Cholinesterase Activity in Fast and Slow-Twitch Skeletal Muscles of Male Wistar Rats - Zahedan Journal of Research in Medical Sciences - 2013

Publications(Books):

1) I have Translated following English books to Persian, titled as:

1-1- Home Treatment in injury and osteoarthritis and....-by: W.T. Tucker.

1-2- Sport injuries, their prevention and treatment –by: Peterson and Renestrom.

1-3- Exercise and intracellular regulation of cardiac and skeletal muscle-by M.I. Kalinski et,al.

1-4- Hand book of physiology: Muscular adaptation to exercise-by. Loring B. Rowell and J.T. Shepherd

1-5- Neuromuscular aspects of physical activity -by. P.E Gardiner

1-6- Overtraining in sports-by: R. B. Kreider et. al.

1-7- Successful Coaching- by: Rainer Martens.

1-8- Elite sport development, policy learning and political priorities- by Mick Green and Barrie Houlihan.

1-9-Advanced neuromuscular exercise physiology-by phillip F. Gardiner

2) I have compiled six books titled as followings:

1. Foundations of Physical Education.

2. Therapeutic and corrective Exercises.

3. Basic concepts in Aerobic Fitness.

4. Basic concepts in Anaerobic Fitness.

5. The role of Trophic factors in neuromuscular adaptations to physical activity.

6. Cellular and molecular adaptations to sport training.

Courses:

-Neuromuscular Adaptations to Exercise Training

-Fatigue and Physical Activity

-Exercise Physiology

-Plasticity of CNS