

Mohsen Mohammadnia Ahmadi (PhD)

Assistant Professor of Sport Physiology

Faculty of Sport Sciences

University of Birjand

Birjand

Tel.: +985632202042

Email: m.m.ahmadi2005@birjand.ac.ir - m.m.ahmadi2005@gmail.com



Educational Qualification:

- 2014- PhD in **Sport Physiology**, University of Kharazmi, Tehran, Iran.
- 2008- **MA in Sport Physiology**, Shahid Bahonar University of Kerman, Iran.
- 2005- **BA in Sport Sciences**, University of Birjand, Iran.

Title of PhD Thesis:

Effect of Environmental Temperature during resistance exercise on muscular growth adaptation in male rat after 8-weeks resistance training

Title of MSc Dissertation:

Effect of Endurance Training and Bonium Persicum Extract on lipid profile and cardiovascular endurance in male rats

Research Interest:

Applied sport physiology, Sport Nutrition, Weight control

Research Projects:

Effect of Endurance Training and Bonium Persicum Extract on lipid profile and cardiovascular endurance in normal and hypercholesteromic male rats. Cardiac Research Centre. Shahid Bahonar Medical Science University of Kerman. 2006-2008.

Publications

1: Papers

1-1. Published and Accepted Papers in International Academic Journals

- . Marzieh Saghebjo, **Mohsen Mohammadnia-Ahmadi**, Nasrin Kargar-Akbariyeh, Iman Saffari. How to exercise to increase lipolysis and insulin sensitivity: Fasting or following a single high-protein breakfast. *The Journal of Sports Medicine and Physical Fitness* 2020 April; 60(4):625-33.
- . Homa Khaleghzadeh, Mohammad Esmaeil Afzalpour, **Mohsen Mohammadnia Ahmadi**, Mohsen Nematy, Mohammad Ali Sardar, Effect high-intensity interval training along with Oligopin supplementation on some inflammatory indices and liver enzymes in obese male Wistar rats with non-alcoholic fatty liver disease. *Obesity Medicine*, 2020; 17:1-7.

1-2. Published Papers in Iranian Academic Journals (Scientific and Research Journal)

- . Mahsa Kheiri, **Mohsen Mohammadnia Ahmadi**, Marzieh Saghebjo. Effect of blood flow restriction on metabolic rate and fat oxidation during and after high-intensity intermittent exercise in active male students. *Yasuj University of Original Article Medical Sciences Journal (YUMSJ)* (In Press).
- . Mogharnasi M, Arabi SR, **Mohammadnia Ahmadi M**, The Effect of Short-Term Colostrum Supplementation on Serum Levels of Malondialdehyde and Total Antioxidant Capacity Due to Acute Resistance Exercise Training in Healthy Men. *Armaghane-danesh, Yasuj University of Original Article Medical Sciences Journal (YUMSJ)*. 2019; 24(5): 906-921.
- . Zahra Koohestani Sini, Mohammad Esmaeil Afzalpour, **Mohsen Mohammadnia Ahmadi**, Mohammad Ali Sardar, Sattar Gorgani Firuzjaee, The Effect of Aerobic Continuous Training on Myonectin, Insulin Resistance and Liver Enzymes in Rats With Nonalcoholic Fatty Liver Disease. *Ann Appl Sport Sci* In Press: e855.
- . Abdolhakim Batajrobeh, **Mohsen Mohammadnia Ahmadi**, Mehdi Mogharnasi. Effects of Moderate Intensity Interval Training in workers suffering from Restrictive Lung Diseases involved in Polluted environment at Iron Ore Mine. *Iran Occupational Health*. (In Press).
- . Babak Hooshmand, Mozghan Skandari, Nahid Bijeh, **Mohsen Mohammadnia Ahmadi**, Javad Norouzi. Evaluation of the Effect of short-term Barberry Juice Supplementation on humoral immune response in active girls following exhaustive exercise activity: A randomized double-blind clinical trial. *Razi Journal of Medical Sciences*.2019; 26(2):39-49.
- . Zufa Zanjirian, Mohammad esmaeil Afzalpour, Hadi Sarir, **Mohsen Mohammadnia Ahmadi**, Fatemeh Ghasemi. The effect of vigorous continuous and interval exercise training along with resveratrol on SIRT3 and OGG1 proteins in the liver tissue of male Wistar rats. *Physiology of Exercise and Physical Activity*. (In Press).

. Zufa Zanjirian, Mohammad esmaeil Afzalpour, Hadi Sarir, **Mohsen Mohammadnia Ahmadi**. Effect of continuous exercise training on protein levels of SIRT3 and OGG1 in the liver tissue of male Wistar rats. *Journal of Ilam University of Medical Sciences*. 2019; 27(5): 97-107.

. **Mohsen Mohammadnia Ahmadi**, Hamid Rajabi. Effect of moderate and cold-water immersion on strength and muscular weight changes following resistance training in rats. *Journal of Practical Studies of Biosciences in Sport*. 2018; 6(11):145-158.

. Samira Hasanabadi, Marzieh Saghebjo, **Mohsen Mohammadnia Ahmadi**. The response of plasma levels of Atrogin-1 and Insulin-Like Growth Factor-1 to low-fat milk consumption after one session of High Intensity Interval Exercise in Fasting state among Overweight Young Men. *Journal of Isfahan Medical School*. 2017; 34 (408):1406-1413.

. **Mohsen Mohammadnia Ahmadi**, Hmaid Rajabi, Homaiun Mahravani. Effect of water immersion during resistance exercise on plasma content of heat shock protein 70 (eHSP70) after 8-weeks resistance training in male rats. 2015; 13(1):19-27.

. **Mohsen Mohammadnia Ahmadi**, Hamid Rajabi, Sattar Tahmasbi Enferadi, Neda Khaledi, Ali Kazemi. Effect of cold and moderate water immersion during resistance exercise on plasma heat shock protein response in rats. *Journal of Sport in Biomotor Sciences*. 2014; 10 (2):13-23.

. Mohammad Khaksari, **Mohsen Ahmadi**, Hamid Najafipour, Nader Shahrokhi. Effect of *Bunium persicum* aqueous extract plus endurance exercise on cardiorespiratory capacity and serum lipid profile. *Avicenna Journal of Phytomedicine*. 2014; 4(2): 118-126.

. Mehdi Zarei, Mohammad Reza Hamedinia, Morteza Hajinia, **Mohsen Mohammadnia Ahmadi**, Jaber shahraki Mehdi. Fat Oxidation and Energy Expenditure at Different Intensities of Exercise During Running and Cycling in Obese Adolescent Boys. *Iranian Journal of Endocrinology and Metabolism*. 2010; 12 (3): 283- 294.

. **Mohsen Mohammadnia Ahmadi**, Mohammad Khaksari haddad, Hamid Najafipour, Alireza Saberi Khakhki, Nader Shahrokhi, Reza Abbasi. The effect of co-administration of aqueous extract of *bonium persicum* and endurance training on plasma lipids in hypercholesterolemic male mice. *Medica Science University of Rafsanjan*. 2009; 3 (8):159-172.

. **Mohsen Mohammadnia Ahmadi**, Mohammad Khaksari haddad, Alireza Saberi Khakhki, Mitra Mehrabani, Nader Shahrokhi. The effect of endurance training on lipid profile and cardiovascular endurance in normal male rats after *bonium persicum* administration. *Journal of Sport Biosciences*. 2009; 2: 55-71.

2: Papers Presented at National and International Symposiums:

. Hanifeh Habibi, **Mohsen Mohammadnia Ahmadi**. Comparison of Upper and Lower Body Strength variation after **hand and foot Wingate Anaerobic Exercise**. (2th National congress on Sport & Health Science Achivements, Ahvaz Jundishapur University of Medical Sciences, Iran, October, 2018).

. Pouria Soofinezhad, **Mohsen Mohammadnia Ahmadi**, Mohammad Esmaeil Afzalpour. Effect of Acute Supplementation of Caffeine, L-Carnitine and Caffeine - L-Carnitine on Repeated Anaerobic Function in Active Male Students. (2th National congress on Sport & Health Science Achievements, Ahvaz Jundishapur University of Medical Sciences, Iran, October, 2018).

. Feisal Ahmadkhah. Saeid Eilbeigi, **Mohsen Mohammadnia Ahmadi**. Comparison of Substrate Oxidation in High Intensity Interval Activity with Different Rest Periods (Active, Inactive, Active/Inactive) in Young Men Overweight and Obese. (11th international congress on physical education and sport science, Tehran, Iran, May 2018).

. Jalil Raeisi, **Mohsen Mohammania Ahmadi**. Effect of Cold and Moderate Water Immersion on plasma Irisin protein in rats after Resistance Training. (9th international congress on physical education and sport science, Tehran, Iran, March 2016).

3: Graduate Thesis Supervisor/ Advisor

3-1- Ph.D. Thesis Supervisor

. Zahra Koohestani Sini (2017). Comparison effects of interval and continuous trainings on levels of FATP5 and CTRP15 in serum, muscle and liver tissue of male rats with Non-alcoholic fatty liver disease. Faculty of Sport Sciences, University of Birjand.

3-2 Ph.D. Thesis Advisor

. Homa Khaleghzadeh (2017). The effect high intensity interval training along with oligopin supplementation on some biochemical and inflammatory indices of male Wistar rats with non-alcoholic fatty liver disease. Faculty of Sport Sciences, University of Birjand.

. Mohsen Javani (2017). Study of substrate oxidation, appetite and postprandial metabolic profile response following two different protocols of high-intensity interval exercise in overweight and obese men. Faculty of Sport Sciences, University of Birjand.

3-3: Graduate Supervisor

. Adel Bahramian (2018). Assessment of the short-term effect of l-citrulline supplement on cardio-respiratory endurance, cardiac Electrophysiology parameters and nitric oxide plasma levels in endurance runners Faculty of Sport Sciences, University of Birjand.

. Mehran Babaie (2018). Effect of 4-week Sprint Interval Training (SIT) with cornelian cherry supplementation on plasma oxidative and cardio-metabolic health indices in over weight and obese student men. Faculty of Sport Sciences, University of Birjand.

- . Hasan Sotudeh (2018). Effect of Lower-Body plyometric training on Upper-body neuromuscular adaptations and some anthropometric and functional parameters in young athletes: Role of myofascial meridians. Faculty of Sport Sciences, University of Birjand.
- . Mohammadreza Gheybizadeh (2018). Investigating the effect of watermelon water in comparison with carbohydrate drink on hydration and anaerobic performance of Active boy teens. Faculty of Sport Sciences, University of Birjand.
- . Pouria Soufinezhad (2017). Acute effect of supplementation of caffeine and L-carnitine on metabolic rate and substrate oxidation during and after high intensity intermittent exercise on active male students. Faculty of Sport Sciences, University of Birjand.
- . Toktam Ahani. (2017). Effects of grape juice consumption on metabolic rate and substrate oxidation during and after high intensity intermittent exercise in active male students. Faculty of Sport Sciences, University of Birjand.
- . Mahsa Kheiri (2017). Effect of blood flow restriction on the cost of metabolism and oxidation of substrate during and after high intensity intermittent exercise in active male students. Faculty of Sport Sciences, University of Birjand.
- . Razieh Heidari (2017). Acute effect of hydroalcoholic extract of melissa officinalis on metabolic rate, substrate oxidation and salivary cortisol levels during and after High intensity interval exercise in Inactive Women. Faculty of Sport Sciences, University of Birjand.
- . Zahra Homayoon (2017). Acute effect of consumption of aged garlic extract on Metabolic Rate, Substrate Oxidation and salivary indices (cortisol and Lipid profile) during and after High-Intensity Interval Exercise in inactive women. Faculty of Sport Sciences, University of Birjand.
- . Abdolhakim Batajrobeh. (2016). Effect of High and Moderate Intensity Interval Training on cardiopulmonary and lung function indices in workers suffering from COPD involved in Polluted environment at Iron Ore Mine. Faculty of Sport Sciences, University of Birjand.
- . Ali Gholizadeh. (2016). Comparison of anthropometric, physiological and psychological characteristic's in successful and beginner Zurkhaneh athletes in South Khorasan. Faculty of Sport Sciences, University of Birjand.
- . Effat Najarian. (2016). Effect of 6 week of High and Moderate Intensity Interval Training on Serum Resistin Levels and Cardiovascular Indices in adult non-postmenopausal women. Faculty of Sport Sciences, University of Birjand.

3-4: Graduate Advisor

. Javad Alipour. (2017). Study the amount of oxidation of the substrate in response to the different volumes of high intensity interval exercise in overweight men. Faculty of Sport Sciences, University of Birjand.

. Reza Arabi. (2016). The Effect of Short-Term Colostrum Supplementation on Serum Levels of Malondialdehyde and Total Antioxidant Capacity Due to Acute Resistance Exercise Training in Healthy Men. Faculty of Sport Sciences, University of Birjand.

. Ahmad Khoshkam. (2016). Effect of Plyometrics exercises in the morning and evening on Muscle soreness and immune system after intense resistance activity in overweight students. Faculty of Sport Sciences, University of Birjand.

. Hamid Rasaie. (2016). Comparing the effects of 8 weeks of plyometric and Rope Skipping training on some physical fitness and muscle soreness parameters in Inactive students. Faculty of Sport Sciences, University of Birjand.

. Mohammad Movaghari. (2016). The comparison effect of rest interval between sets after six weeks of resistance training on strength, range of motion and muscle soreness upper limb muscles in young men. Faculty of Sport Sciences, University of Birjand.

. Reza Javadi. (2016). The effect of colostrum supplementation on changes in levels of short-term indicators of muscle damage (LDH, CK) after acute eccentric resistance exercise in healthy men Faculty of Sport Sciences, University of Birjand.

. Parisa Ghaffari. (2015). Architectural Design of a Context Aware Recommender System for Sports Activities and Fitness. Faculty of Electrical Engineering and Computer.

. Nasrin Kargar Akbarieh. (2015). Assessment of single session a high-intensity interval training acute effect, in fasting and high-protein breakfast status on serum levels of glycerol and free fatty acid in young obese and overweight men. Faculty of Sport Sciences, University of Birjand.

. Zufa Zanjirian, (2015). Effect of continuous and high intensity interval training on protein levels of SIRT3 and OGG1 in the liver tissue of male Wistar rats. Faculty of Sport Sciences, University of Birjand.

. Samira Hasan Abadi. (2015). The response of plasma levels of Atrogin-1 and insulin-like growth factor-1 to milk consumption after one session of high intensity exercise in fasting state among overweight young men. Faculty of Sport Sciences, University of Birjand.

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4. Patent:

. Synthetic badminton shuttlecock with the approach of increasing aerodynamic variables.
Patent number: 100904.

5. Book:

- *Physical Activity & Health*