

CURRICULUM VITA



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DEPARTMENT OF SPORT SCIENCES, FACULTY OF SPORT SCIENCES,

UNIVERSITY OF BIRJAND, BIRJAND , IRAN.

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Education:

1999-2004 Ph.D. in Exercise Physiology

Tarbit Modares University, Tehran, Iran

Dissertation title: Effects of selected aerobic exercises on the serum paraoxonase-1

(PON1) activity, and lipid profile in sedentary healthy men

1993-1995 M.S.c in Exercise Physiology

Faculty of Physical Education and Sport Sciences,. University of Tehran,. Tehran. Iran

Thesis Title: Study and comparison of maximal oxygen uptake and anaerobic power
of football players in Tehran first division club teams

1990-1993 B.S.c in Physical Education and Sport Sciences,. Kharazmi University, Tehran Campus.
Iran

Lab Experience:

2003 Faculty of Kinesiology and Recreation Management, University of Manitoba, Canada;
Under Supervision of Prof. Phillip Gardiner

ACADEMIC LEADERSHIP EFFORTS & HIGHLIGHTS:

1995-1999 Head of Physical Education and Sport Sciences Department, University of Birjand
2005-2008 Head of Physical Education and Sport Sciences Department, University of Birjand
2011-2013 Head of Faculty of Physical Education and Sport Sciences, University of Birjand
2013-2021 Editor-in- Chief, Journal of Practical Studies of Biosciences in Sport
2009-2013 Head of Sport-for-All Association, Ministry of Sciences, Research and Technology,
Iran
2016-2017 General Director, Sport and Youth General Administration, Southern Khorasan, Iran
2015-2021 Editorial Board, Journal of Applied Health Studies in Sport Physiology, Azarbaijan
Shahid Madani University
2013-2021 Editorial Board, Journal of Practical Studies of Biosciences in Sport
2012-2016 Editorial Board, Journal of Research on Educational Sport, Sport Sciences Research
Institute, Iran

CERTIFICATES:

1994 Nutrition for Football, National Olympic Committee of Iran & University of Aberdin
1999 Physical Fitness Coaching Course (Grade 2), Sport For All Federation, Iran
2002 C Licence Coaching Award, Asian Football Confederation (AFC)
2011 National Certified Leadership Course in Sport for All, TAFISA

2015 AFC B Coaching Certificate

Courses Taught:

University of Birjand 1995-2018:

Exercise Physiology - Human Physiology - Training Science – Cell Adaptations in Sport –
Research Methodology – Talent Identification in Sport – Applied Exercise Physiology –
Neuromuscular Adaptation in Sport & Exercise – Soccer – Swimming .

Islamic Azad University. Birjand Branch 2005-2020:

Exercise Physiology - Human Physiology - Human Anatomy - Training Science – Special
English Language.

SCIENTIFIC SUCCESS & HONORS:

2005 Top Researcher in Literature & Humanities Faculty, University of Birjand

2008 Top Assistant Prof., University of Birjand

2008 Top Researcher, University of Birjand

2009 Top Assistant Prof., University of Birjand

2010 Top Teacher of Physical Education & Sport Sciences Faculty, University of Birjand

2012 Top Researcher, University of Birjand

2012 Top Professor of The Physical Education & Sport Sciences Faculty, University of Birjand

2021 Top of Veteran Teacher, University of Birjand

PUBLICATION:

Books:

2002 Exercise and Intracellular Regulation of Cardiac and Skeletal Muscle (Translation), SSRC
Publication

2004 Applied Nutrition For Football, Modaber Publication

2010 Human Anatomy For Physical Education Students, Bamdad Ketab Publication

2013 Exercise and Elderly, Marandiz Publication

2014 Physical Activity and Health, Bamdad Ketab Publication

2015 Physical Activity and Oxidative Stress, Bamdad Ketab Publication

2016 Talent Identification and Growth in Sport, Bamdad Ketab Publication

2017 Dietray Protein and Resistance Exercise (Translation), University of Birjand Publication

2019 Water Exercise (Translation), University of Birjand Publication

JOURNAL ARTICLES:

1. **Afzalpour, M.E.**, KHaledan, A.S., Khodadad, A. (1999). A Comparative Study of The VO₂max and Anaerobic Capacity of Football Players in Tehran First Division Club Teams. *Olympic*, No 1&2 (Serial 13). [in Persian]
2. **Afzalpour, M.E.** (2002). The Assessment of Physical Abilities and Providing Physical Fitness Norms of Birjand University Students. *Olympic*, Vol 10 (182). [in Persian]
3. **Afzalpour, M.E.**, Gharakhanlou, R., Khodadad, A. (2005). Assessment of Foreign Coaches Roles in The Success of Iran Soccer and Club Teams, *Olympic*. Vol 12(3). [in Persian]
4. **Afzalpour, M.E.**, Khodadad, A., Gharakhanlou, R. (2005). Necessity for Utilization of Foreign Soccer Coaches From Experts Views. *Research on Sport Sciences*, No 7: 91-109. [in Persian]
5. Taheri, E., Keshtidar, M., **Afzalpour, M.E.** (2010). The Effect of Pilte's Exercises on The Lumbar Hyperlordosis of 15-18 Years Old Female Students in Birjand. *Research on Sport Sciences*, No 2661-75. [in Persian]
6. **Afzalpour, M.E.**, Seghatol Eslami, A., Afzalpoor, M., Rashidi, E. (2010). The Relationship Between Anthropometric, Physical-Motor, as Well as Psychological Characteristics and Success in Women's Badminton Championship in The Universities of Iran. *Journal of Sport Management & Behavior Movement*, Vol 6 (11)1-12. [in Persian]
7. **Afzalpour, M.E.**, Keshtidar, M., Pirgazi, A. (2011). Relationship Between Body Composition and Central Fat Distribution with Dynamic and Static Lung Functions in Women. *Research on Sport Sciences*, No 9: 105-117. [in Persian]
8. Ghasemi, E., **Afzalpour, M.E.**, Zarban, A. (2017). The Effects of 10 Weeks of High-Intensity Interval Training and Green Tea Supplementation on Serum Levels of Sirtuin 1 and Catalase in Overweight Women. *Sport Physiology*, No 23: 169-185. [in Persian]
9. **Afzalpour, M.E.**, Gharakhanlou, R., Gaeini, A.A., Maleknia, N. (2003). Effects of Vigorous and Moderate Aerobic Exercises on Paraoxonase-1 (PON1) activity and Lipid Profile in Sedentary Healthy Men. *Olympic*, No 24. [in Persian]

10. **Afzalpour, M.E.**, Gharakhanlou, R., Gaeini, A.A., Seghatol Eslami, A. (2005). Effects of vigorous and moderate aerobic exercises on the general health of non-active men. *Journal of Applied Exercise Physiology*, 1(2): 1-16. [in Persian]
11. **Afzalpour, M.E.**, Gharakhanlou, R., Gaeini, A.A., Mohebi, H., Hedayati, M. (2005). Effects of vigorous and moderate aerobic exercises on Arylesterase enzyme activity (ARE) and total antioxidant capacity (TAC) in Sedentary healthy men. *Research on Sport sciences*, 3(9): 105-123. [in Persian]
12. **Afzalpour, M.E.**, Gharakhanlou, R., Gaeini, A.A., Seghatol Eslami, A. (2005). Correlation between paraoxonase/arylesterase enzyme activities and serum lipid concentrations. *Journal of Birjand University of Medical Sciences*, 12 (3&4). [in Persian]
13. **Afzalpour M.E.** (2007). Effects of two types of aerobic exercises on low density lipoprotein (LDL) oxidation and cardiovascular risk factors in non-active men. *J Birjand Univ Med Sci.* 14(3): 9-15. [in Persian]
14. **Afzalpour. M.E.**, Zarang. M., Khoshbakhti, J. (2007). Evaluation of State of physical education lesson in the first and second level of elementary schools in southern Khorasan. *Research in Sport Sciences*, 5(16). [in Persian]
15. **Afzalpour. M.E.**, Rashihi, E. (2009). Prediction of Success in Volleyball Based on Psychological, Physiological and Anthropometric Chracteristics in Female Players of Southern Khorasan. *Research in Sport Sciences*, 6(23): 107-122. [in Persian]
16. Naghizadeh, H., **Afzalpour, M.E.**, Zarban, A. (2009). Comparison of Serum Total Antioxidant Capacity (TAC) and Lipid Profile between Katare Athletes and Sedentary individuals. *J Birjand Univ Med Sci*, 3(16): 54-61. [in Persian]
17. Gharakhanlou, R., **Afzalpour, M.E.**, Gaeini, A.A., Rahnama, N. (2007). Effects of Aerobic Exercises on the Serum Paraoxonase1/Arylesterase Activity and lipid Profile in Non-Active Healthy Men, *International Journal of Sport Science and Engineering*, 1(2): 105-112.
18. **Afzalpour, M.E.**, Gharakhanlou , R., Gaeini, A., Mohebi, H., Hedayati, M., Khazaei, M. (2008). The effects of aerobic exercises on the serum oxidized LDL level and total antioxidant capacity in non-active men, *CVD Prevention and Control*, 3, 77-82.
19. **Afzalpour, M.E.**, Mohammadnia, A., Khoshbakhti, J., Khamsan, A. Perceived Exertion Rat, Blood Lactate and VO₂max Responses to a Maximum Cycling Performance Plyometric . (2010). *Journal of Sport and Biomotor Sciences*, 2(3): 56-63. [in Persian]
20. **Afzalpour, M.E.**, Seghatol Eslami, A., Afzalpoor, M., Rashidi, E. (2010). Relationship Between Anthropometrc, Physical-Motor and Psychological Characteristics with Success in Badminton Competition Among Girls Students on Iran. *Journal of Sport Management and Motor Behavior*, 11:1-12. [in Persian]
21. Naghizadeh, H., **Afzalpour, M.E.**, Akbarzadeh, H. (2009). Comparison of Antioxidant Characteristics and Cardiovascular Risk Factors in Zourkhaneh (Traditional Sport) Sportsmen and Nonsportsmen. *JSSU*, 17 (4) :262-269. [in Persian]
22. **Afzalpour, M.E.**, Khamsan, A. Fazel, A. (2010). Comparison of Quality of Life, Body Composition and Physical Fitness Between Active and Non-Active Male Faculty Member of Birjand University. *Journal of Applied Exercise Physiology*, 12:105-118. [in Persain]

23. Arabi, R., Keshtidar, M., **Afzalpour, M.E.**, Khoshbakhti, J., Rahimi, M. (2010). Serious sport injury, motivation & burnout; Can self-determined motivation predict burnout in injury elite handball players. *Journal of Growth and Motor Learning (Harkat)*, 4: 25-44. [in Persian]
24. **Afzalpour M.E.**, Afzalpour, M., Zarban, A. (2011). Effect of blood donation on the some of hematologic parameters and exercise performance in physically active and non-active female donors. *J Birjand Univ Med Sci*, 18 (2): 76-85. [in Persian]
25. **Afzalpour, M.E.**, Rashidi, E., Keshtidar, M., Afzalpoor, M. (2012). Comparison of Anthropometric, Bioenrgic and Psychological Characteristics Between Successful, Semi-Successful and Biginner of Female Volleyball Players. *Journal of Applied EXercise Physiology*, 8(16). [in Persian]
26. Yousefi, M., Ilbeigi, S., Mehrshad, N., **Afzalpour, M.E.** (2010). Detection of Spinal Column Abnormalities Using Markers Mounted on Spinous Process. *Sport Medicine (Harkat)*, 4: 73-89. [in Persian]
27. Saghebjoo, M., Dastigherdi, S., **Afzalpour, M.E.**, Hedayari, M. (2012). Effects of aerobic and resistance training on plasma visfatin levels in overweight women. *Komesh*, 13(2): 225-232. [in Persian]
28. Naye bifar, S., **Afzalpour, M.E.**, Saghebjoo, M., Hedayati, M. (2010). Effects of Aerobic and Resistance Training on ICAM and lipid Profile in Overweight Women. *Journal of Sport and Biomotor Sciences*, 4: 2-13. [in Persian]
29. Fooladin, E., **Afzalpour, M.E.**, Saghebjoo, M. (2011). Comparison of Mineral Bone Density Among Disabled Athletes and Non-Athletes . *Research in Sport sciences (Sport Medicine)*, 10: 92-106. [in Persian]
30. **Afzalpour, M.E.**, Baniasadi, S., Ilbeigi, S. (2012). Comparison of Effects of Aerobic and Pilates Exercises on Dynamic Respiratory Function in Overweight Girls. *Sport Physiology*, 15: 1512-162. [in Persian]
31. Naye bifar, S., **Afzalpour, M.E.**, Saghebjoo, M., Hedayati, M., Shirzaee, P. (2012). The effect of aerobic and resistance trainings on serum C-reactive protein, lipid profile and body composition in overweight women, *Modern Care, Scientific Quarterly of Birjand Nursing and Midwifery Faculty*, 8 (4): 186-196. [in Persian]
32. Rostami, M.A., Saghebjoo, M., **Afzalpour, M.E.**, Hedayati, M. (2011). Response of Plasam Total Ghrelin and Glucose Regulating Variables into Vigorous Resistance Training in Fast and High Carbohydratd Healthy Young Men. *Journal of Sport and Biomotor Sciences*, 5:67-76. [in Persian]
33. Ghasemi, E., **Afzalpour, M.E.**, Saghebjoo, M., Zarban, A.(2012). Effects of Short Green Tea Supplementaion on Totla Antioxidant Capacity (TAC) and Lipid Peroxidation Following of One session of Intensive Resistance Training. *JIMS*, 30(202). [in Persian]
34. Kaviani Najaf Abadi, R., **Afzalpour, M.E.**, EhsanBakhsh, S.A. (2013). Comparison of Bone Condition and Muscle Strength of Elite Karate Men of Karate Style and Committee of South Khorasan Province. *Research in Sport Sciences*, 5(18): 67-80. [in Persian]
35. **Afzalpour, M.E.**, Saghebjoo, M., Zarban, A., Jani, M. (2012). Comparison of the effects of an acute resistance and aerobic exercise session on the antioxidant defense system and lipid

- peroxidation of healthy young men. *Journal of Sport and Biomotor Sciences*, 6(2): 39-50. [in Persian]
36. Saghebjo, M., Dadi Khaliran, Z., **Afzalpour, M.E.**, Hedayati, M. (2013) The Role of Time of Day on Plasma IL-6 and CRP Response Following of Exhausting Physical Activity in Healthy Women. *Olympic*, 61: 21-32. [in Persian]
 37. Yousefi, M., Ilbeigi, S., Mahrshad, M., **Afzalpour, M.E.** (2012). Comparing the validity of non-invasive methods in measuring thoracic vs kyphosis and lumbar lordosis. *Zahedan Juornal of Resaearch in Medical Sciences*, 14(4): 37-42.
 38. **Afzalpour, M.E.**, Ghasemi, E., Zarban, A. (2014). Effects of an intensive resistance training and green tea supplementation on malondialdehyde and total thiol in non-athlete men. *Zahedan Juornal of Research in Medical Sciences*, 16(3): 59-63.
 39. Shahin, M., **Afzalpour, M.E.**, Fallah, Z. (2012). Construction of height – weight growth charts for 2-18 year old boys in Qayenat city in Iran: A comparison with NCHS. *Annals of Biologic Research*, 3(5): 2162-2167.
 40. Shahin, M., **Afzalpour, M.E.**, Fallah, Z., Jahani, H. (2012). The correlation between height and weight with performance on AAHPERD TEST among 9-18 year old boys, *Annals of Biologic Research*, 2012, 3(5): 2228-2233.
 41. Nikzad, M.B., **Afzalpour, M.E.** (2012). The effects of combined resistance and vibration training on metabolic syndrome, cardiovascular risk factors, and muscular strength in type II diabetics, *Modern Care, Scientific Quarterly of Birjand Nursing and Midwifery Faculty*. 9(4): 317-326. [in Persian]
 42. **Afzalpour, M.E.**, Afzalpoor, M., Zarban, A. (2011). Effect of blood donation on some of hematologic parameters and exercise performance in physically active and non-active female donors. *J Birjand Univ Med Sci*, 18 (2): 76-85. [in Persian]
 43. **Afzalpour, M.E.**, Kaviani, R., Ehsan Bakhsh, S.A. (2013). The comparison of bone mineral density and content between dominant and non-dominant limb in elite male karate practitioners in southern Khorasan. *J Practical Studies of Biosciences in Sport*, 1(1): 44-57. [in Persian]
 44. Janbozorgi, A., Rahnama, N., Ghasemi, G., **Afzalpour, M.E.**, Ilbeigi, S., Karimian, R. (2013). Effect of 8 Weeks Corrective Exercises on Musculoskeletal Disorders in Isfahan's, Iran, Teachers with an Ergonomic Intervention. *J Health Syst Re*, 9(5): 521-30. [in Persian]
 45. **Afzalpour, M.E.**, Yousefi, M.R., Ahmadi, K., Omid, M. (2013). The effects of Ritalin on the concentration of catecholamines and blood lactic acid in male rats after an exhaustive session. *Advances in Enviromrntal Biology*, 7(13; 4214-4218.
 46. Roodsarabi, T., Keshtidar, M., Khamesan, A., **Afzalpour, M.E.** (2013). Effects of Sport Education Model on Self- Determination of Physical Education Syllabus Female Students. *Research on Educational Sport*, 1(2), 59. [in Persian]
 47. Barani, F., **Afzalpour, M.E.**, Ilbeigi, S., Kazemi, T., Mohammadifard, M. (2014). Effects of Combined and Resistance Trainings on Serum Liver Enzymes and Physiocl Fitnesss in Women with Non-Alchoic Fatty Liver Disease. *J Birjand Univ Med Sci*, 21(2): 188-202. [in Persian]
 48. Ajam, M., **Afzalpour, M.E.**, Abtahi Iviri, S.H., Saghebjo, M. (2015). Effects of Safron Extract on PON1 Activity and CRP of Young Healthy Women After an Acute Resistance Training. *Research on Exercise Physiology and Sport Management*, 7(1): 97-111. [in Persian]
 49. **Afzalpour, M.E.**, Ghasemi, E., Zarban, A. (2013). Effects of an intensive resistance training and green tea supplementation on malondialdehyde and total thiol on non-athlete men. *Zahedan Journal of Research in Medical Sciences*, 3(16).
 50. Ilbeigi, S., Miri, G., **Afzalpour, M.E.** (2015). The Comparison of Some Anthropometric. Physical-Motor and Skill Factors in Both Successful and Non-Successful Football Players

- Junior in South Khorasan Province. *Journal of Sport and Biomotor Sciences*, 6(12): 29-37. [in Persian]
51. Ilbeigi, S., Nikbin, L., **Afzalpour, M.E.** (2014). The effect of six weeks of core stability exercise on pain and trunk muscle endurance in girl students with chronic non-specific low back pain. *JMS*. 2 (2) :5-13. [in Persian]
 52. **Afzalpour, M.E.**, Enayati, T., Ilbeigi, S. (2014). The Effects of Static, Dynamic and Combination Stretching on Blood Lactate and Delayed Onset of Muscle Soreness Induced by an Acute Plyometric Exercise. *Journal of Sport and Exercise Physiology*, 13; 1051-1061. [in Persian]
 53. TaheriChadorneshin, H., **Afzalpour, M.E.**, Foadoddini, M., Abtahi, S.H. (2015). The Effect of high intensity intermittent trainings on brain-derived neurotrophic factor and glial cell line-derived neurotrophic factor levels in brain of rats. *Quarterly Journal of Sabzevar University of Medical Sciences*, 22(1): 180-188. [in Persian]
 54. Barani, F., **Afzalpour, M.E.**, Ilbeigi, S., Kazemi, T., Mohammadifard, M. (2015). The Effect of Resistance and Combined Exercise on Serum C-Reactive Protein (hs-CRP) and Body Composition Characteristics in Patients With Nonalcoholic Fatty Liver Disease. *Journal of Zabol University of Medical Sciences and Health Services*, 8(1): 1-14. [in Persian]
 55. Mohammadidoost, A., Ilbeigi, S., **Afzalpour, M.E.**, Ashab Yamin, R. (2015). The Effects of 500 ml Low-fat Milk on Serum Level Muscle Damage Indices following One Session of Plyometric Exercise. *Scientific Journal of Ilam University of Medical Sciences*, 23(6): 62-74. [in Persian]
 56. **Afzalpour, M.E.**, Miri, M., SeghatolEslami, A., Ashab Yamin, R. (2015). Effects of a resistance, interval, and continuing training session on serum intercellular adhesion molecule-1 and C-reactive protein in overweight men. *Exercise Physiology*, 27: 45-64. [in Persian]
 57. TaheriChadorneshin, H., Foadoddini, M., Abtahi Eivari, S.H. (2015). Comparing interval and continuous exercise training regimens on neurotrophic factors in rat brain. *Physiology & Behavior*, 147: 78-83.
 58. **Afzalpour, M.E.**, Rezazadeh, A., Abtahi Ivary, S.H. (2014). Effects of Ziziphus Jujuba on Total Antioxidant Capacity and Lipid Peroxidation in Young Women After an Intensive Resistance Exercise Session. *Journal of Sport and Biomotor Sciences*, 11(1): 1-15. [in Persian]
 59. Mohammadi, H., **Afzalpour, M.E.**, Abtahi Ivary, S.H. (2018). Comparison of the effect of rest interval between sets and set-repetition configuration during bouts of eccentric exercise on muscle damage and inflammatory markers. *International Journal of Applied Exercise Physiology*, 7(1).
 60. Mohammadi, H., **Afzalpour, M.E.**, Abtahi Ivary, S.H. (2018). Response of creatine kinase and lactate dehydrogenase enzymes to rest interval between sets and set-repetition configuration during bouts of eccentric exercise. *Interv Med Appl Sci*. 10(2): 83-86.
 61. Dashtiyani, A., **Afzalpour, M.E.**, Tanideh, N. (2017). The comparison of the effect of vitamin E on the expression of p53/PTEN of prostate gland of male rats in two groups of intensive continuous and intermittent exercise training. *J Fasa Univ Med Sci*, 7(3): 406-415. [in Persian]
 62. **Afzalpour, M.E.**, Tanideh, N., Sepehrimanesh, M., Dashtiyani, A. (2016). The effect of intense intermittent training with and without taking vitamin E on mRNA expression of p53/PTEN tumor suppressing genes in prostate glands of male rats. *International Journal of Medical Research & Health Sciences*, 5(11): 521-528.
 63. Noferesti, H., **Afzalpour, M.E.**, Abtahi Ivary, S.H., Amirabadizadeh, M. (2018). Effect of Ziziphus Jujube fruit on serum levels tumor necrosis factor alpha and interleukin-6 in

- sedentary men following the implementation of the Wingate test. *J Birjand Univ Med Sci*, 25 (3) :223-233. [in Persian]
64. Eidi Kakhki, M., **Afzalpour, M.E.**, Ghanbarzadeh, N., Najafi Semnani, A. (2018). Investigating variations of β -endorphin serum levels and pain caused by primary dysmenorrhea following a course of aerobic training with and without consumption of cumin supplement. *J Birjand Univ Med Sci*. 25 (1) :10-20. [in Persian]
 65. Arjmandpanah Eilaki, A., **Afzalpour, M.E.**, Bagheri, R., Mosaferi Ziaaldini, M. (2018). The Effect of Beta-Alanine Supplementation on First and Second Ventilatory Threshold of Male Swimmers. *Nutrition and Food Sciences Research*, Volume 5, Issue 3.
 66. Bashafaat, H., **Afzalpour, M.E.**, Fallahi, A.A., Nazifi, S., Ilbeigi, S. (2017). The effects of acute interval cycling and blood flow restriction on hematologic factors of beginner cyclists. *Turkish Journal of Sport and Exercise*, Volume: 19, Issue: 1: 70-76.
 67. Afroozi-Gerow, E., **Afzalpour, M.E.**, TaheriChadorneshin, H., Abtahi-Eivary, S.H. (2016). Effect of high intensity interval training on 8-oxoguanine DNA glycosylase and 8-hydroxy-2'-deoxyguanosine contents in the brain and liver of rats. *Journal of Applied Pharmaceutical Science*, Volume: 6, Issue: 10.
 68. Ghasemi, E., **Afzalpour, M.E.**, Zarban, A. (2016). The Effects of 10 Weeks of High-Intensity Interval Training and Green Tea Supplementation on Serum Levels of Sirtuin 1 and Catalase in Overweight Women. *Exercise physiology*, 32: 169-184. [in Persian].
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 70. **Afzalpour, M.E.**, Khiyabani, S., Abtahi Eivari, S.H., Nayebifar, S. (2017). Effects of high intensity interval training and ginger supplement on some antioxidant markers, cardio-respiratory fitness and body mass index in overweight women. *Koomesh*. 19 (3) :703-711. [in Persian]
 71. **Afzalpour, M.E.**, TaheriChadorneshin, H., Abtahi Eivary, S.H., Afroozi-Gerow, E. (2016). Effect of intensive endurance training on rat brain and hepatic 8-oxoguanine DNA glycosylase and 8-hydroxy-2'-deoxyguanosine levels. *J App Pharm Sci*, 6(12): 110-113.
 72. Amirabadizadeh, M., **Afzalpour, M.E.**, Kazemi, T. (2020). The Relationship Between Physical Activity, Lipid Profile, and Two New Anthropometric Cardiovascular Risk Factors Among Men. *Journal of research and Health*. 10(4).
 73. Zanjirian, Z., **Afzalpour, M.E.**, Sarir, H., Mohammadnia Ahmadi, M. (2020). Effect of Continuous Exercise Training on Protein Levels of SIRT3 and OGG1 in the Liver Tissue of Male Wistar Rats. *Scientific Journal of Ilam University of Medical Sciences*, 27(5): 97-107. [in Persian].
 74. Feyzi Y, **Afzalpur ME**, Abtahi Eivary S.H. (2019). The Effect of 2-Weeks of Coenzyme Q10 Supplementation on Malondialdehyde and Serum Catalase Enzyme Activity Following Moderate and Severe Acute Resistance Training in Inactive Female Students. *Quarterly of "The Horizon of Medical Science*, 25(4). [in Persian]
 75. Koohestani Sini, Z., **Afzalpour, M.E.**, Mohammadnia Ahmadi, M., Sardar, M.A., Gorgani-Firuzjaee, S. (2020). The Effect of Aerobic Continuous Training on Myonectin, Insulin Resistance and Liver Enzymes in Rats with Nonalcoholic Fatty Liver Disease. *Ann Appl Sport Sci*, 0.29252/aassjournal.855.
 76. Sadeghinejad, M., Soltani, Z., **Afzalpour, M.E.**, Khaksari, M., Pourranjbar, M. (2019). What is the combined effect of intense intermittent exercise and Ginkgo biloba plant on the brain neurotrophic factors levels, and learning and memory in young rats? *Pharmacological Reports*, 71: 503-508.

77. Fazelzade, M., **Afzalpour, M.E.**, Fallah Mohammad, Z., Falah Mohammadi, H. (2021). The effects of voluntary complex and regular wheel running exercises on the levels of 8-oxoguanine DNA glycosylase, semaphorin 3B, H₂O₂, and apoptosis in the hippocampus of diabetic rats. *Brain Behav*, 00:e01988.
78. **Afzalpour, M.E.**, Sarir, H., Zanjirian, Z., Mohammadnia Ahmadi, M., Ghasemi, E. (2020). 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. *Sport and Exercise Physiology*, 13(1). [in Persian]
79. Fazelzade, M., **Afzalpour, M.E.**, Fallah Mohammadi, Z. (2020). The Effect of 4-Week Voluntary Wheel Running on Hippocampus Levels of Semaphorin 3B and Hydrogen Peroxide and Apoptosis in Diabetic Rats. *Med J Tabriz Uni Med Sciences Health Services*, 42(2):215-221. [in Persian]
80. **Afzalpour, M.E.**, Nayeibifar, S., Kazemi, T., Abtahi-Eivari, S.H., Mogharnasi, M. (2016). Determination of Atherosclerosis markers changes after HIIT and ginger consumption in response to acute exercise in overweight women. *Journal of Applied Pharmaceutical Science*, 6(7): 078-084.
81. **Afzalpour, M.E.**, Yousefi, M.R., Abtahi Eivari, S.H., Ilbeigi, S. (2016). Changes in blood insulin resistance, GLUT4 & AMPK after continuous and interval aerobic training in normal and diabetic rats. *Journal of Applied Pharmaceutical Science*, 6(09): 076-081.
82. Nayeibifar, S., **Afzalpour, M.E.**, Kazemi, K., Abtahi Eivari, S.H., Mogharnasi, M. (2017). Changes in Blood Pressure, Body Composition, and Vo₂max after 10 Weeks of High Intense Interval Training and Ginger Consumption in Overweight Women. *Qom Univ Med Sci J*, 11(6):19-27. [in Persian]
83. Ilbeigi, S., Kabootari, A., **Afzalpour, M.E.**, Farzaneh, H. (2018). The Relationship Between Sitting Posture and Musculoskeletal Pain in Boy Elementary School Students. *J Ergon*, 5(3):41-49. [in Persian]
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