



Curriculum vitae

Saeed Ilbeigi

Associate Professor of Sport Biomechanics

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EDUCATION

Doctor of Philosophy- Sport Biomechanics

2009, PhD in Sport Biomechanics, Department of Biometry and Biomechanics, Vrije Universiteit Brussel, Brussels, Belgium

Master of Science- Sport Sciences

1997, MSc in Sport Sciences, Faculty of Sport Sciences, Kharazmi University of Tehran, Tehran, Iran

Bachelor of Science- Sport Sciences

1995, BSc in Sport Sciences, Faculty of Sport Sciences, University of Gilan, Rasht, Iran

RESEARCH INTERESTS

Sport and Clinical Biomechanics, Kinesiology, Sport Injury and Rehabilitation, Ergonomics,

RESEARCH EXPERIENCE

1. Deputy for Educational Affairs, Campus of Behavioral Sciences, University of Birjand, 2019 to present (ongoing)
2. Deputy for Educational Affairs, Faculty of Sport Sciences, 2017 to 2019
3. Director of Physical Education and Extracurricular Activities, University of Birjand, from 2010 to 2017



University of Birjand

4. Member of the Curriculum Planning Committee, Ministry of Science, Research and Technology, 2017 to present
5. Member of the Biomechanics and Technology Research Group, Sports Sciences Research Institute, 2010 to present
6. Secretary-General of University Sports in Region Seven of the Country, 2010 to 2015
7. President of the University Sports Board of South Khorasan Province, from 2010 to 2017
8. President of the Sports Elites Center of South Khorasan Province, 2011 to 2013
9. Evaluator, General Directorate of Physical Education, Ministry of Science and Research, 2010 to 2015
10. Member of the Strategic Committee of Health and Wellness Counseling Centers, Ministry of Science and Research, 2015 to 2017
11. Official Member of the International Society of Biomechanics in Sport (ISBS)
12. Member of the Research and Education Committee, General Directorate of Sports and Youth of South Khorasan Province
13. Sports Analyst on the province's live sports program, IRIB South Khorasan, 2012 to 2017
14. Editorial Board of Medicine Journal
15. Editorial Board of JOURNAL OF PHYSICAL EDUCATION RESEARCH
16. Editorial Board of International Journal of Physical Education, Sports and Health
17. Editorial Board of Practical Studies in Bioscience in Sport Journal, University of Birjand
18. English Editor of the *Journal of Biological Sciences Studies*, University of Birjand

Research Study:

Short-term Research opportunity-Erasmus Plan, (2022) Department of Sport Biomechanics, University of Utrecht University, Utrecht, Netherlands

Short-term Research opportunity-Erasmus Plan, (2021) Department of Sport Biomechanics Józef Piłsudski University of Physical Education in Warsaw, Poland

Teaching

1- **Teaching Bachelor courses:** sports biomechanics, Sport pathology, corrective movements, kinesiology, specialized language, movement mechanics, football and futsal, chess

2- Teaching master's courses in sports biomechanics: Skeleton-muscular biomechanics, advanced kinesiology, specialized language, corrective movements' laboratory, anatomy in sports sciences, Research Project, seminar, research method

3- Teaching master's courses in Exercise physiology: advanced anatomy, prevention of sports injuries, specialized language, physiology laboratory, seminar, research method

4-Teaching doctoral courses: neuromuscular disorders in sports, physiology laboratory, and specialized language

GRANTS/SCHOLARSHIP

Scholarship from the Ministry of Science and Research of Iran to obtain a PhD degree in sports biomechanics at the Vrije Universiteit Brussel, Brussels, Belgium (2003-2008)

Book (Writer):

1- Saeed Ilbeigi, Bart Van Gheluwe (2014) **Biomechanical Parameters of Young Elite Sprinters**, LAP LAMBERT Academic Publishing, Germany (June 10, 2014)

2- **Common mistakes in bodybuilding exercises from a biomechanical point of view**, Abbas Farjad Pezeshk, Mohammad Yousefi, Saeed Ilbeigi, Giva Publications, Tehran 2019

3- **Measuring and evaluating in sports sciences**, Mohammad Yousefi, Saeed Ilbeigi, Ehsan Naqibi, Elaha Saadati Fard, Birjand University Publications 1401

Book (Translation from English to Persian):

1- **Sports biomechanics, the principles of improving human performance**, authored by: Anthony Blazwiz, translated by: Dr. Saeed Ilbeigi, Alireza Nasirzadeh, Behnaz Mohebi, Hamed Arghwani, Tarbiat Bedni Research Institute Publications, Tehran 2011

2- **Exercise program at home for musculoskeletal injuries and sports**, authored by: Yan Wendel, translated by: Dr. Saeed Ilbeigi, Mehdi Mehjoor, Saeed Qabadian, Birjand University Press, Birjand, 2021

3- **Biomechanics of trauma injuries**, authored by: Albert E. King, translated by: Dr. Saeed Ilbeigi, Morteza Mansouri, Behshad Panjezadeh, Arshadan Publishing House, Tehran, 2021

4- **Clinical Kinesiology and Anatomy**, authored by: Lippert, translated by: Dr. Saeed Ilbeigi, Marziyeh Saghebjo, Reza Bahari, Hamed Eydi, Birjand University Press, Birjand, 2023

Book (Scientific editor):

1- **Water sports**, authored by: Melissa Lain, translated by: Dr. Taheri, Dr. Afzalpour, Naseri, scientific editor: Dr. Saeed Ilbeigi, University of Birjand Press, 2017

2- **Fundamentals of Biomechanics**, authored by: Suzan J. Hall, translated by: Morteza Mansouri, Behshad Panjezadeh, Ebrahim Safari, scientific editor: Dr. Saeed Ilbeigi, Arshadan Publishing House, Tehran, 2022

3- **Clinical biomechanics** (2nd edition), authored by: Jim Richards, translated by: Morteza Mansouri, Behshad Panjezadeh, Ebrahim Safari, scientific editor: Dr. Saeed Ilbeigi, Arshadan Publishing House, Tehran, 2022

4- **Structural Kinesiology**, Floyed, Saeed Ilbeigi, Arshadan Publishing House, Tehran, 2025

Research projects:

1- Identifying the strategies of using the erector spine muscles in active people with chronic non-specific back pain, project manager: **Saeed Ilbeigi**, colleagues: Mohammad Yousefi, Hadi Mozni, Vice President of Research, University of Birjand, 2021

2- Compilation and review of the physical fitness norm of South Khorasan Province, Mohammad Ismail Afzalpour, Mohammad Shariatzadeh, **Saeed Ilbeigi**, Research Institute of Sports Sciences, Tehran 2019

PUBLICATIONS

Articles published in Scientific Journals:

1. Mansoori M, **Ilbeigi S**, Fatahi A. (2025) Effects of Vestibular Disturbances on Lower-Limb Muscle Activation in Active Children During the Stance Phase of Gait. *J Sport Biomech.* 2025;12(1):136–153. doi:10.61882/JSportBiomech.12.1.136.
2. **Ilbeigi, S.**, Yousefi, M., & Jafari, A. (2025). Dynamic knee valgus and lower limb muscle synergy in male volleyball players during drop landing. *Series on Biomechanics*, 39(3), 39–47.
3. Bani asadi S, Mohmnia Ahmadi M, **Ilbeigi S**, Yousefi M (2025) **Ilbeigi S**. Effect of resistance training in water with blood flow restriction on heart rate variability, functional capacity, and pain in postmenopausal women with knee osteoarthritis. *Kerman University of Medical Sciences*
4. Farjad Pezeshk A, Vafaie M, **Ilbeigi S**. (2025) Investigating upper shaft material in military boots: implications for gait and design optimization. *Ergonomics in Design.* 2025 Oct 30.
5. **Ilbeigi S**, Karimi Z, Farjad Pezeshk A. (2025) Comparison of the Effect of Different Backpack Hip Belt Styles on Postural Control Indices and Center of Pressure Changes during Standing and Walking. *Iran J Ergon.* 2025; 13(2): 83-93.
6. Mansouri Mehrian M, **Ilbeigi S**, Fatahi A. (2025) The effect of vestibular disturbances on spatio-temporal parameters of walking in active children aged 7 to 11 years. *Journal of Ilam University of Medical Sciences.* 2025;33(4):90-105

7. Farjad Pezeshk A, Vafai M, **Ilbeigi S.** (2025) Effect of Upper Material in Military Boots on Lower Limb Loading during Walking. *Iran J Ergon.* 2025; 13(2): 124-134
8. **Ilbeigi S, Torab beygi Z, Saghebjo M, Jafari M.** (2025) Investigating the Effect of Two-Week L-Carnitine Supplementation on Serum Levels of Total Antioxidant Capacity and Malondialdehyde Following Intense Aerobic Exercise in Female Karate Athletes. **Research in Exercise Nutrition.** 2024;3(4):13-23.
9. Torab Beigi, Z., **Ilbeigi, S.**, Saghebjo M., & Jafari, M. (2025). The Effect of Two Weeks of L-Carnitine Supplementation on Muscle Damage Markers Following Intense Aerobic Activity in Female Karate Players. *International Journal of Sport Studies for Health*, 8(3), 1-8.
10. Abbas Farjad Pezeshk , Heydar Sadeghi and **Saeed Ilbeigi** (2025). *Shifting joint regulation: The influence of hard spring surfaces on lower limb mechanics during hopping.* Proceedings of the Institution of Mechanical Engineers, Part P: Journal of Sports Engineering and Technology, 237(4), 410–421
11. **Ilbeigi, Saeed**, Saebejo, Marzieh, Salari, Behnam and Feizi, Yeganeh. (2025). The effect of garlic powder consumption on serum glutathione and some cell damage indices in inactive individuals after a session of exhausting activity. *Applied Studies in Biological Sciences in Sports*, 13(34), 98-111
12. Asghari, S. H., **Ilbeigi, S.**, Ahmadi, M. M., Yousefi, M., & Mousavi-Mirzaei, M. (2025). Comparative effects of sensory-motor and virtual reality interventions to improve gait, balance and quality of life in MS patients. *Scientific Reports*, 15(1), 20310.
13. **Ilbeigi, Saeed**, Hakimian, Athena, Farjad Pezez, Abbas, and Hajizadeh, Fatemeh. (2025). Comparison of the effect of 8 weeks of intense and resistance interval training on serum myostatin, follistatin, and irisin indices in young female athletes and non-athletes. *Sport and Movement Biosciences*, 16(32), 135-147
14. Farjad Pezeshk, A., Zareie, F., & **Ilbeigi, S.** (2025). Hydrotherapy and land-based exercise: Differential impacts on pain, knee biomechanics and quadriceps activation in osteoarthritis. *Journal of Science in Sport and Exercise*.
15. Nakoui, N., **Ilbeigi, S.**, Ahmadi, M. M., & others. (2025). Comparison of the effect of aerobic and resistance training on fatigue, quality of life and biochemical factors in hemodialysis patients. *Scientific Reports*, 15, 10052.
16. Farjad Pezez, Abbas , Zarei, Fatemeh and **Ilbeigi, Saeed** . (2024). Comparison of the effect of six weeks of water and land-based therapeutic exercise on knee kinematics and electrical activity

of selected muscles during walking in elderly women with knee osteoarthritis. *Research in Sports Rehabilitation*, 12(23), 159-172

17. Mansouri Mehrian, Seyed Morteza, **Ilbeigi, Saeed** and Fattahi, Ali. (2024). The effect of vestibular disturbances on lower limb joint angles during walking in active children aged 7 to 11 years: a quasi-experimental and comparative study. *Research in Sports Rehabilitation*, (), -. doi: 10.22084/rsr.2025.29850.1753
18. **Ilbeigi S**, Al-Eghabi M, Yousefi M, Hosseini M H (2024) Muscular Synergy of Trunk and Hip Segments in Carrying Hand Loads with Different Weights in Healthy Young People. *Iran J Ergon*; 12 (3) :192-200
19. **Ilbeigi, S.**, Bahari Thani, J., Yousefi, M., & Hosseinzadeh, E. (2024). Comparison of lower limb joint torques in single-leg landing skill between athletes with flexible and normal flat feet (a comparative descriptive study). *Pazhuhesh dar Tavanbakhshi Varzeshi*, (24), 47–60
20. **Ilbeigi, Saeed**, Haghirudi, Mohammad Reza, Nikseresht, Asghar and Alidoost, Mehdi. (2024). The effect of Pilates exercises on fatigue, balance and muscle strength in patients with multiple sclerosis. *Sports Medicine Studies*, 16(41), 79-94
21. Hosseini MH, Heidaramoghaddam R, Anbarian M, **Ilbeigi S**, Tapak L. (2024) Modeling heart rate of individual and team manual handling with one hand using generalized additive mixed models. *BMC Med Res Methodol*. 15;24(1):37.
22. **Ilbeigi, Saeed**, Morshedi, Alireza, Sagheeb Jo, Marzieh and Abdollahzadeh, Mahdiah. (2024). Comparing the effects of volleyball-specific training at different training levels on some selected physical fitness factors in male volleyball players. *Applied Studies in Biological Sciences in Sports*, 12(30), 58-75.
23. **Ilbeigi, Saeed**, Afzalpour, Mohammad Esmaeil, Yousefi, Mohammad and Feizi, Yeganeh. (2024). Short-term effect of saffron extract consumption on serum levels of interleukin-6, tumor necrosis factor alpha and cortisol in young men following a session of intense exercise. *Applied Studies in Biological Sciences in Sports*, 11(28), 52-62. doi: 10.22077/jpsbs.2022.5543.1735
24. Eskandari, Mojgan , Mogharnasi, Mehdi and **Ilbeigi, Saeed** . (2024). The effect of total body resistance training (TRX) and omega-3 supplementation on serum leptin levels and body fat percentage in overweight and obese women. *Journal of the Faculty of Medicine, Mashhad University of Medical Sciences*, 66(6),

25. Rashid Heidari moghaddam, Mehrdad Anbarian, **Saeed Ilbeigi**, Leili Tapak & Mohammad Hamed Hosseini (2023), Kinematic analysis of head and trunk in individual and team one-handed carrying, *International Journal of Industrial Ergonomics*, 94(2023)103245
26. Rashid Heidarimoghaddam, Mohammad Hamed Hosseini, **Saeed Ilbeigi**, Mehrdad Anbarian, Leili Tapak, (2023) Kinematic analysis of head and trunk in individual and team one-handed carryin *International Journal of Industrial Ergonomics*, Volume 94, 2023,
27. *Abbas Farjad Pezeshk, Mohammad Yousefi, **Saeed Ilbeigi**, Sanaz Shanbehzadeh (2023)*
The assessment of primary joint in 2.2 Hz hopping using factor analysis, *Series on Biomechanics*, Vol.37, No.4 (2023), 68-75
28. **Ilbeigi, Saeed**, Sagheb Joo, Marzieh and Bahmadi, Malihe. (2023). The effect of two weeks of curcumin supplementation on serum malondialdehyde and superoxide dismutase indices after a session of intense interval training in overweight and obese girls. *Applied Studies in Biological Sciences in Sport*, 11(26), 30-41.
29. **Ilbeigi, Saeed**, Yousefi, Mohammad, & Moezani, Hadi. (2023). Investigating the sensitivity of the ratio method in extracting the flexion-relaxation phenomenon in individuals with chronic non-specific low back pain and healthy individuals. *Bimonthly Scientific-Research Journal of Rehabilitation Medicine*, 12(5), 896-905
30. Zanguie H, Yousefi M, Ilbiegi S, Pezeshk AF. (2023) kiValidity and Reliability of Non-Invasive Methods for Evaluating Kyphosis and Lordosis Curvatures: A Literature Review. *jmr*. 2023;17(3):251-262.
31. Mohammadnia Ahmadi M, Homayoon Z, **Ilbeigi S**, Rezaeian S F. (2023) Acute Effect of Aged Garlic Extract and High-Intensity Interval Exercise on Metabolic Rate, Substrate Oxidation and Salivary Cortisol in Inactive Women. *J Mazandaran Univ Med Sci* 2023; 33 (226) :64-73
32. **Saeed Ilbeigi**, Mohammad Reza Ahmadi, Mohsen Mohammadnia Ahmadi, Hadi Moazeni (2022), Evaluation of the effect of fatigue and caffeine supplementation on balance and some physical and skill fitness characteristics of young football players, *Journal of Practical Studies in Biosciences in Sport*, 10(23),
33. **Saeed Ilbeigi**, Hadi Moazani, Marzieh Saqbejoo, Mohammad Yousefi (2022), The effect of recovery methods after a session of exhaustive activity on some performance indicators and muscle damage in teenage soccer players, *Sport and Exercise Physiology*, 14(2)
34. *Saeed Ilbeigi, Marziyeh Saghebjoo, Alireza Morshedi (2022). Comparison of the effect of volleyball specific training on different training surfaces on blood lactate and muscle soreness*

following one session of acute exercise in boy volleyball players, *Journal of Applied Exercise Physiology (JAEP)*, 5(2):1- 11

35. Ali Gholizadeh , Mohsen Mohammadnia Ahmadi, Ali Seghatoleslami³ , Saeed Ilbeigi (2022), Comparison of anthropometric, physiological and psychological characteristics of professional and novice athletes Zurkhaneh in South Khorasan, *Journal of Sport in Biomotor Sciences*, Volume 22, Number 2
36. A. Farjad Pezeshk, **S. Ilbeigi**, M. Yousefi, A. R Sayyarfard, (**2021**), Prediction of Badminton Change of Direction Ability Using Principal Component Analysis, *Sport Medicine Studies* Volume 13, No 29, 2021, Page 115-132
37. **Saeed Ilbeigi**, Mohamad Yousefi, Leli Tehrani (2021), Comparison of Ground reaction forces and time to stabilization in healthy male athletes with functional ankle instability during single-leg jump-landing task, *Research in sports rehabilitation*, 8(16), 2021
38. **Ilbeigi S**, Ebrahimi M, Afzalpour M E, Moazeni (2021) Do the Ergonomic Characteristics of Armpit and Aviation Park Sports Equipment Fits with the Anthropometric Parameters of Male Users?. *Iran J Ergon* 2021; 9 (2) :17-29
39. **S. Ilbeigi**, M. Mahjur , A. Nikseresht, M. Haghighi, (2021). Effect of a Yoga Exercise Program on Muscle Fatigue and Balance Indices in Patients with Multiple Sclerosis, **Sport Medicine Studies** Volume 12, No 28, 2021, Page 165-182
40. **Saeed Ilbeigi**, Seyed Yousef Ahmadi-Brooghani , Mohamad Sadegh Nadi, (2021). The Comparison of the Break Pattern of the Femoral Neck in both Normal and Abnormal Angles (Coxavara, Coxavalga) in Active and NonActive Postmenopausal Women using Finite Element Method, *Journal of Advanced Sport Technology* 5(2):1- 11
41. Hadi Moazzeni , **Saeed Ilbeigi** ,Marziyeh Saghebjo, Mohammad Yousefi (2021) The effect of six weeks of football specific training and various recovery methods on the speed, vertical jump and muscle damage indices of football players, *Journal of Practical Studies of Biosciences in Sport*. 9(18); 48-62
42. Rashid Heidari moghaddam, Mehrdad Anbarian, **Saeed Ilbeigi**, Leili Tapak & Mohammad Hamed Hosseini, (2021) Team manual handling: a systematic review for identifying research gaps, *INTERNATIONAL JOURNAL OF OCCUPATIONAL SAFETY AND ERGONOMICS (JOSE)*
<https://doi.org/10.1080/10803548.2021.1902136>
43. Seyed Abbas Farjad Pezeshk Nader Nokhodchi Mohammad Yousefi , **Saeed Ilbeigi** Ali Farjad Pezeshk, (2021) Design and validation of the equation for the accuracy of BMI, *Scientific Journal of Rehabilitation Medicine*, 2021, <https://doi.10.22037/JRM.2021.114788.2600BADE>

44. **Saeed ilbeigi**, Mohammad Yousefi, Fateme Ghasemi ,Effect of One Session of High Intensity Interval Exercise with and without Blood Flow Restriction on Electrical Selected Muscles Activity of Brachial in Trained Female, Journal of Paramedical Sciences, 2021(9)4, 7-15
45. Mohammad Yousefi , Heidar Sadeghi, **Saeed Ilbeigi** ,Zahra Ebrahimabadi, Maryam Kakavand, Erik Wikstrom, Center of pressure excursion and muscle activation during gait initiation in individuals with and without chronic ankle instability, 2020, Journal of biomechanics, Volume 108, 17 July 2020, 109904
46. Tayebbeh Soleimani , Heidar Sadeghi, Ali Abbasi, **Saeed Ilbeigi** ,Farhad Tabatabaei Ghomshe, Investigation of Gait Initiation in Women With Multiple Sclerosis (MS). 2020, Journal of Research and Health, 10(3); 163-174
47. Abbas Farjad Pezeshk , Mohammad Shariat Zadeh, **Saeed Ilbeigi**, Mohammad Yousefi, Comparison of Muscle Activity and Timing between a Custom Shoe with Hydrodynamic Mechanism and Regular Ethylene-Vinyl Acetate Shoe, Journal of Advanced Sport Technology.2020; 3(2):129- 145 2.
48. Mohammad Yousefi, **Saeed, Ilbiegi**, Ehsan Naghibi, Abbas Farjad Pezeshk, Hamid Zanguie, Reliability of Body Landmark Analyzer (BLA) system for Measuring Hyperkyphosis and Hyperlordosis Abnormalities, Journal of Advanced Sport Technology 2020; 4(1):20- 29
49. **Ilbeigi S**, Poorbahram M, Saghebjoo M. The effect of muscle soreness due to the plyometric training on electrical activity of Gastrocnemius muscle after concentric and eccentric contractions in un-trained male. jsmt. 2019; 17 (17) :73-82
50. Mohammad Yousefi, **Saeed Ilbeigi**, Abbas Farjad Pezeshk, Sepideh Samvati Sharif. Musculoskeletal Disorders and the Posture of Male Barbers in Tehran Province. J Rehab Med. 2019; 8(1): 148- 155.
51. **Saeed Ilbeigi** , Nafise Rastegar , Marzieye Saghebjoo , Ahmad Ebrahimi Etri , Hosein Farzaneh (2018), The relationships between anthropometrical domain and upper extremity abnormalities in primary school girl students, J Ergon. 2018; 6 (1) :41-4,
52. **Ilbeigi S**, Arabshahi N and Afzalpour ME. (2018) The Comparison of Anthropometrical, Body Structural and Physical Fitness Parameters in Female Athletes and Non-Athletes Student. Ergonomics Int J 2018, 2(3): 000142.
53. Ilbeigi S, Kabootari A, Afzalpour M, Farzaneh H. (2018) The Relationship between Sitting Posture and Musculoskeletal Pain in Boy Elementary School Students. J Ergon. 2018; 5 (3) :41-4

54. Mohammad Yousefi, Hiedar Sadeghi, **Saeed Ilbeigi**, Abbas Rahimi, Mahdi Khaleghi Tazegy (2018) Detection of Compensatory Mechanism during Gait in Individuals with Functional Ankle Instability Using Inversion Perturbation. J Rehab Med. 2018; 6(4): 240-248.
55. **Ilbeigi S**, Ghasemi N, Hosseinzade E (2018), The comparison of shank muscles electrical activity in people with flat and normal feet during walking on treadmill with different speeds, Paper accepted to print in Razi Journal of Medical Sciences.
56. Hadi Bashafat, Mohammad Ismail Afzalpour, Ali Asghar Fallahi, Saeed Nazifi, **Saeed Ilbeigi** (2017) The effects of acute interval cycling and blood flow restriction on hematologic factors of beginner cyclists Turkish Journal of Sport and Exercise: 2017 - Volume: 19 - Issue: 1 - Pages: 70-76
57. Hossein Farzaneh, **Saeed Ilbeigi**, Mehrdad Anbarian. (2017) Effect of Speed and Incline on Rear Foot Angle during Jogging in People with Pronate Foot. J Rehab Med. 2017; 5(4): 94-106.
58. **Saeed Ilbeigi**, Behnam Salari, Marziye Saghebjo, Mohammad Kazem Adibian (2017), The effect of Garlic Supplement on Serum Glutathion and cellular Damage Markers after one season of Executive exercise in Non-active Men, Bioscience Biotechnology Research Communication, 2017, 10(4)
59. Mohammad Esmail Afzalpoura, Mohammad Reza Yousefib, Seyed Hossein Abtahi Eivaric, **Saeed Ilbeigi**, (2016), Changes in blood insulin resistance, GLUT4 & AMPK after continuous and interval aerobic training in normal and diabetic rats, Journal of Applied Pharmaceutical Science Vol. 6 (09), pp. 076-081
60. Mohamadkazem Adibian , **Saeed Ilbeigi** , Alireza Ehsanbakhsh (2017), Assessment of the muscle architectural parameters in skill and nonskilled Karate players, Journal of Advanced Sport Technology 1(2):33-40
61. **Saeed ilbeigi**, S Mirzanejad, M. Eslami, A. Tajik (2016), The comparison of standard and local shoes on the variables related to tibia stress fracture in male student recreational runners, Razi Journal of Medical Sciences Vol. 23, No. 148
62. Afzalpour M.E, Yousefi M.R. Abtahi H, **Ilbeigi S**, (2016) The comparison of continuous and intermittent training impact on glucose -4 transporter protein levels and insulin sensitivity in diabetic rats, Journal of Basic Research in Medical Sciences, 3(4): 40-48
63. Afzalpour M.E, Yousefi M.R. Abtahi 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, Vol. 6 (09), pp. 076-081

64. **Ilbeigi S.**, Kheyrikhah M., Mahjour H., Soltani H., Khoshbakhti J., (2016) Investing the Effects of 8 Weeks of Rope Skipping on Static and Dynamic Balance of Educable Mentally Retarded Boys, International journal of Medical Research & Health Science, 5, 5(S):349-353
65. **Saeed Ilbeigi**, Bart Van Gheluwe, Three-dimensional displacement of the center of gravity during the sprint start (2015), European Journal of Sport and Exercise Science, 4 (1):32-38
66. Mohammad Ayubi Avaz, Marziyeh Saghebjo, Mahmoud Zardast, **Saeed Ilbeigi** (2016), Acute effects of proprioception, massage and dynamic stretching warm up protocols on serum CK and LDH activity levels after one session of Plyometric training in male volleyball players, Koomesh, Winter 2016, 17 (2)
67. Mahdi Mahjur, Hossein Yaghobi, **Saeed Ilbeigi**, Ali Seghatoleslami. The Effect of six weeks kinesio taping on pain and disability men with nonspecific chronic low back pain; a four months follow up. J Rehab Med. 2015; 4(3): 10-17.
68. Morteza Golmakani, **Saeed Ilbeigi**, and Bijan Goodarzi, Motion Analysis of lower limbs in taekwondo athletes with knee pain (2015), Asian Journal of Multidisciplinary Studies, 3 (1):204-209
69. Hamed Aidi, Marzieh Saghebjo, Mehdi Hedayati, **Saeed Ilbeigi** (2015) The response of Serum level of vascular endothelial growth factor of 2 types. SJKU 2015, 20(3): 10-22
70. **Ilbeigi S**, Mahjur M, Yaghobi H, Seghatoleslami A. [Evaluating the effects of foot reflexology on pain and disability in men with nonspecific chronic low back pain]. JAP 2015;5(3):55-6
71. Farzane H, **Ilbeigi S**, Anbariyan M (2015) The Comparison of two models of rear foot angle measuring in a static position and correlation with the dynamic position in pronate foot subject during the stance phase of walking, Journal of research in sport rehabilitation, Volume 2, Issue 4,
72. **Saeed Ilbeigi**; Marziyeh Heydari; Marziyeh Saghebjo (2014), The effect of 6 weeks of Pilates training on pain, and life quality in women with ankle sprain, Journal of research in sport rehabilitation, Volume 2, Issue 3, Autumn 2014
73. **Saeed Ilbeigi**, Leila Nikbin, Mohamad Esmaeil Afzalpour (2014), The effect of six weeks of core stability exercise on pain and trunk muscle endurance in girl students with chronic nonspecific low back pain, Journal of medical sciences of Torbat- Heydriyeh, Volume 2, Issue 2
74. **Saeed Ilbeigi**, Hamid Ramezai. Assessment and Modeling of Elbow Joint for Analysing of Muscle moment and Reaction Force during Flexion Movement with ADAMS Software (2014) European Journal of Sport and Exercise Science, 1(3) 2014, pp: 18-26

75. **Ilbeigi S**, Mir Gh, Afzalpour ME, (2014), The comparison of some anthropometric, physical - motor and skill factors in both successful and non-successful football players Junior in South Khorasan Provinc, Journal of Sport in Biomotor Sciences, Volume 6, Number 12, 2014-2015
76. Alireza Nasirzadeh, Alireza Ehsanbakhsh, **Saeed Ilbeigi** , Azadeh Sobhkhiz , Hamed Argavani (2014). Relationship between sprint performance of front crawl swimming and muscle fascicle length in young swimmers. Journal of Sport Science and Medicine, 1(13) pp: 550-556
77. Farokhi, A., Mohamadzade, Z., Karimi, L., Kazemnejad, A., **Ilbeigi, S.**(2014) Reaability and Validity of Gross Motor Development Test-2 Among 3-10 Years Old in Tehran Children (2014). Journal of Physical Education and Sport Management, 2(5), pp: 18-28
78. Fatemeh Barani, Mohammad Esmaeil Afzalpour, **Saeed Ilbeigi**, Toba Kazemi ,Mahyar Mohammadi Fard (2014). The effect of resistance and combined exercise on serum levels of the liver enzymes and fitness indicators in nonalcoholic women with fatty liver. Journal of Birjand University of Medical Sciences. 2014; 21 (2)
79. Afzalpour, Enayati, **ilbeigi S** (2014), The effect of static, dynamic and combination stretching on blood lactate and delayed onset muscle soreness induce of an acute plyometric exercise, Journal of sport physiology, 13 (2)
80. **Saeed Ilbeigi**, Mohamad Ghasem Kaki, Javad Fooladian, Hossein Farzaneh (2014), The relationship between some of anthropometric variables and basic motor abilities in primary school boys aged 9 -11 years of Birjand, Journal of Practical Studies of Biosciences in Sport, vol. 2, no. 3, Spring & Summer, 2014
81. Marzyeh Saghebjoos , Mehdi Hedayati , Yadgar Fahimi , **Saeed Ilbeigi** (2013), Plasma Acylated Ghrelin Response to One Session Circuit Resistance Exercise in Fasted and High Carbohydrate Meal in Healthy Young Men, International Journal of Endocrinology and Metabolism. 2013 Oct; 11(4):e8568.
82. Ali Reza Nasirzade, **Saeed Ilbeigi**, Ali Reza Ehsanbakhsh, Marziyeh Saghebjoos (2013) .Muscle architectural parameters of different arm muscles sites in table tennis players. Journal of Practical Studies of Biosciences in Sport, vol.1, no.1, Spring & Summer, 2013.
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