

# **CURRICULUM VITAE**

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## EDUCATION

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2005	<b>PhD.</b> Exercise Physiology ➤ Kharazmi University, Tehran, Iran ➤ Thesis Title: Effect of circuit resistance training at different intensities on plasma and lymphocytes' ghrelin and obestatin in female college students
2009	
1998	<b>M.Sc.</b> Physical Education and Sport Sciences ➤ University of Guilan, Rasht, Iran
2001	
1995	<b>B.Sc.</b> Physical Education and Sport Science ➤ University of Guilan, Rasht, Iran
1998	

## UNIVERSITY / COLLEGE SERVICES

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- The member of the Biomedical Research Ethics Committee of University of Birjand from October 2020 to October 2022.
- Head of the Faculty of Sport Sciences, from September 2018 to September 2019.
- Director of Research Affairs of University of Birjand, from June 2017 to August 2018.
- Chairman of the Specialized Humanities Commission of University of Birjand from December 2016 to December 2018.
- The member of the Audit Board of University of Birjand from December 2016 to February 2023.
- Deputy of Education and Research of the Faculty of Sport Sciences, University of Birjand, from April 2010 to June 2017.
- The Member of the editorial board of the scientific research journal “Journal of Practical Studies of Biosciences in Sport” from 2013.

## COURSES TAUGHT

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### *University of Birjand*

#### **Graduate Courses, PhD**

- Advanced Exercise Biochemistry
- Hormonal Responses to Exercise

#### **Graduate Courses, M.Sc.**

- Biochemistry and Metabolism of Exercise
- Advanced Exercise Nutrition
- Clinical Exercise Physiology
- Advance Exercise Physiology

#### **Undergraduate Courses**

- Exercise Physiology
- Exercise Nutrition and Weight Control
- Physical Activity and Health

## RESEARCH INTERESTS

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- Exercise Nutrition and Weight Control

- Clinical Exercise Physiology
- Exercise and Cancer

## PUBLICATIONS

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1. Fayyazian, F; **Saghebjo, M**; Hedayati, M; Sarir, H. Effect of high-intensity interval training on mitigating high-fat diet-induced damage in rat testicular tissue. *Preventive Nutrition and Food Science*. 2025. 30 (3): 230-241.
2. Ramezani Doroh, Z; **Saghebjo, M**; Yazdanpanah Motlagh, Gh, Islami,F; Kazemi, T. Plasma fibrinogen level and fibrinogen/albumin ratio decreased more after gym training compared to home training in hypertensive men: A randomized controlled parallel-group trial. *Zahedan Journal of Research in Medical Sciences*. 2025. 27(3): e163193.
3. Moghaddam Eftekhari, S; **Saghebjo, M**; Islami, F, Ahmadabadi, F. The acute effects of animal and plant-based milk intake before endurance exercise in overweight and obese women: Interplay between lipolysis and proteolysis. *Obesity Medicine*. 2025; 55 (2025): 100603.
4. **Saghebjo, M**; Seyed Moosavi, S.M.; Ghasemi, E; Hedayati, M. The effect of endurance training and dill seed extract on insulin sensitivity and nicotinamide N-methyltransferase levels in the liver and adipose tissue of obese rats. *Jundishapur Journal of Natural Pharmaceutical Products*. 2025; 20 (1): e158742.
5. Taji Tabas, A; **Saghebjo, M**; Hedayati, M; Ghahremani, R. The effect of high-intensity interval training on physical function and energy intake in male rats consuming a high-fat diet. *Daneshvar Medicine*. 2024. 31 (5): 35-48. (In Persian).
6. Karimi, M; **Saghebjo, M**; Sarir, H; Hedayati, M. Skeletal muscle metabolomics analysis after high-intensity interval training in rats fed a high-fat diet. *Daneshvar Medicine*. 2024. 31 (5): 76-91. (In Persian).
7. Ilbeigi, S; Morshedi, A; **Saghebjo, M**; Abdullahzade, M. Comparison of the effect of specific volleyball exercises on different training surfaces on some selected factors of physical fitness in volleyball boys. *Journal of Practical Studies of Biosciences in Sport*. 2024; 12(30): 58-75. (In Persian).
8. Mohtashami, A; **Saghebjo, M**; Rahmani-Nia, F. Comparison of effect of modified German volume, high-intensity, and non-linear resistance training on some biochemical, anthropometric, and functional indices related to muscle strength in athlete men. *Journal of Practical Studies of Biosciences in Sport*. 2023; 11(28): 8-27. (In Persian).
9. Aliabadi, M; **Saghebjo, M**; Yakhchali, B; Shariati, M. Interaction between high-intensity interval training and high-protein diet on gut microbiota composition and body weight in obese male rats. *Applied Physiology, Nutrition, and Metabolism*. 2023; 48: 508-828.
10. Shafiee-Tabar, Z; **Saghebjo, M**; Hedayati, M. The effect of aerobic training and hydroalcoholic extract of dill on skeletal muscle inflammation in a high-fat diet-induced obesity rat model. *Comparative Exercise Physiology*. 2023. In Press.
11. Islami, F; **Saghebjo, M**. Effectiveness of home-based exercise training on cardiovascular patients: A systematic review. *Sport Physiology*. 2023; 14 (56): 17-54. (In Persian).
12. Islami, F; **Saghebjo, M**; Kazemi, T. Effect of gym and home-based combined training on indicators of central obesity and quality of life in men with primary hypertension. *Journal of Health Research in Community*. 2023; 8 (4): 60-76. (In Persian).
13. Mostafa-Farkhani, B; **Saghebjo, M**; Hosseini Kakhak, SA; Hedayati, M. The effect of speed endurance production training with blood flow restriction during rest intervals on serum VEGF and HIF-1 $\alpha$  levels and aerobic and anaerobic performance in male soccer players. *Journal of Practical Studies of Biosciences in Sport*. 2022; 10 (24): 68-84. (In Persian).
14. Ahmadabadi, F; **Saghebjo, M**. The role of moderate and high-intensity exercise training in prevention and treatment of breast cancer: A systematic review. *Journal of Applied Health Studies in Sport Physiology*. 2022, 9 (2): 149-172. (In Persian).

15. Masoudi, M; **Saghebjo, M**; Kazemi, T; Hedayati, M. The effect of a gym- and home-based training on plasma TXNIP level, insulin sensitivity, and lipid profile in hypertensive men: a randomized controlled trial. *Middle East Journal of Rehabilitation and Health Studies*. 2022. 9(4): e129041.
16. Malekaneh, M; Dehghani, K; Mogharnasi, M; **Saghebjo, M**; Sarir, H; Nayebifar, Sh. The combinatory effect of spirulina supplementation and resistance exercise on plasma contents of adipolin, apelin, ghrelin, and glucose in overweight and obese men. *Mediators of Inflammation*. 2022. Volume 2022, Article ID 9539286, 9 pages.
17. Aliakbari, M; **Saghebjo, M**; Sarir, H; Hedayati, M. Hydroalcoholic extract of dill and aerobic training prevents high-fat diet-induced metabolic risk factors by improving miR-33 and miR-223 expression in rat liver. *Journal of Food Biochemistry*. 2022: e14195. <https://doi.org/10.1111/jfbc.14195>.
18. Saffari, I; **Saghebjo, M**; Hedayati, M; Sarir, H; Dimauro, I. Short and long-term interval effects of high-intensity interval training on pathways related to telomere homeostasis in rat skeletal muscle. *Middle East Journal of Rehabilitation and Health Studies*. 2022. 9(2): e121818.
19. Khorsand Zaker, BS; **Saghebjo, M**; Islami F. Effectiveness of high-intensity interval training and high-protein diet on TNF- $\alpha$  protein level in colon tissue of obese male rats: the importance of diet modifying. *Obesity Medicine*; 2022; 31: 100403.
20. Islami, F; **Saghebjo, M**; Kazemi, T, Hedayati, M. Gym and home-based combined training in men with primary hypertension: are they equally effective on functional fitness profile, body composition components, and biochemical parameters of hypertension?. *Clinical and Experimental Hypertension*. 2021; 43 (8): 758-771.
21. Ahmadabadi, F; **Saghebjo, M**; Hedayati, M; Hoshyar, R; Huang, C-J. Treatment-induced tumor cell apoptosis following high-intensity interval training and saffron aqueous extract in mice with breast cancer. *Physiology International*. 2021; Doi: 10.1556/2060.2021.00009
22. Eskandari, M; Asghari, H; **Saghebjo, M**; Kazemi, T. Short duration moderate resistance training reduces blood pressure and plasma TNF- $\alpha$  in hypertensive men: The importance role of upper and lower body training. *Science & Sports*. 2021; 36 (1): e1-e11.
23. Nezamdoost, Z; **Saghebjo M**; Hoshyar R, Hedayati M; Sadeghi-Tabas S. The effect of high-intensity interval training and saffron extract on the expression of some cachexia-related genes in the skeletal muscle of female mice carrying breast cancer cell line. *Sport Physiology*. 2021; 12 (48): 83-104. (In Persian).
24. Javani M, **Saghebjo M**; Mohebbi H; Mohammadnia-Ahmadi M. The acute effect of two type of high-intensity interval exercise with the same energy expenditure on substrate oxidation, appetite and exercise enjoyment in overweight or obese men. *Journal of Applied Exercise Physiology*. 2020; 16 (32): 115-133. (In Persian).
25. Nezamdoost, Z; **Saghebjo, M**; Hoshyar, R, Hedayati, M, Keska, A. High-intensity training and Saffron: Effects on breast cancer-related gene expression. *Medicine and Science in Sports and Exercise*. 2020; 52 (7): 1470-1476.
26. Ahmadabadi, F; **Saghebjo, M**; Huang, C-J; Saffari, I; Zardast, M. The effects of high-intensity interval training and saffron aqueous extract supplementation on alterations of body weight and apoptotic indices in skeletal muscle of 4T1 breast cancer-bearing mice with cachexia. *Applied Physiology, Nutrition, and Metabolism*. 2020; 45: 555-563.
27. Vahabzadeh, Z; Molodi, M; Nikkho, B; **Saghebjo, M**; Saedmocheshi, S; Zamani, F; Roshani, Y; Babanzadeh. S. Aerobic training and hydroalcoholic extract of green tea improve pro-oxidant-antioxidant balance and histopathological score in the N-methyl-N-nitrosourea – induced prostate cancer model of rat. *EXCLI Journal*. 2020; 19:762-772.
28. **Saghebjo, M**; Kargar-Akbariyeh, N; Mohammadnia-Ahmadi, M; Saffari, I. 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; 60(4): 625-33.
29. Sadeghi-Tabas, S; **Saghebjo, M**; Sarir, H; Hedayati, M. Effects of work/rest interval manipulation of high-intensity interval training and detraining on telomerase activity and p53 levels in cardiac muscle. *Science & Sports*. 2020; 3: 170.e1-170.e8.

30. Pietrzak, A; Kęska, A; **Saghebjo, M**; Nezamdoost, Z. Intake of antioxidant vitamins in women with different physical activity levels. *Biomedical Human Kinetics*. 2020; 12: 166–172.
31. **Saghebjo, M**; Saffari, I; Sadeghi-Tabas, S; Ahmadabadi, F. Do sex-related differences and time of intervals affect the skeletal muscle glycolytic response to high-intensity interval exercise?, *Sport Sciences for Health*. 2020; <https://doi.org/10.1007/s11332-020-00627-5>.
32. Khosravi, A; **Saghebjo, M**; Vahabzadeh, Z. The effects of eight weeks of aerobic training and green tea extract consumption on some angiogenesis and metastasis markers in prostate cancer-induced rats. *Middle East Journal of Rehabilitation and Health Studies*. 2020; 7(2):e99183.
33. Ahmadabadi, F; **Saghebjo, M**; Hoshyar, R. Decreased liver tissue wasting following high-intensity interval training through apoptosis signaling suppression in breast tumor-bearing female mice. *Iranian Quarterly Journal of Breast Disease*. 2020; 13(2):49-58. (In Persian).
34. Dehghani, K; Mogharnasi, M; **Saghebjo, M**; Sarir, H; Malekaneh, M. The effect of eight weeks of circuit resistance training and spirulina supplementation on plasma levels of irisin and some body composition in overweight and obese men. *Armaghane-danesh*. 2020; 25(3): 332-345. (In Persian).
35. Saedmocheshi, S; **Saghebjo, M**; Vahabzadeh, Z; Sheikholeslami-Vatani, D. Aerobic training and green tea extract protect against N-methyl-N-nitrosourea-induced prostate cancer. *Medicine and Science in Sports and Exercise*. 2019; 51 (11): 2210-2216.
36. Akmali, A; **Saghebjo, M**. High-intensity interval training with long duration intervals is more effective than short duration intervals for improving glycolytic capacity in the rats' gastrocnemius muscle. *Hormone Molecular Biology and Clinical Investigation*. 2019; 20190035
37. **Saghebjo M.**, Farrokhi-Fard M, Hedayati M, Sadeghi-Tabas S. The effect of high-intensity interval training and L-arginine supplementation on the serum levels of adiponectin and lipid profile in overweight and obese young men. *Obesity Medicine*. 2019; 16:100139.
38. Azizi S, **Saghebjo M**, Mohiti- Ardakani J. Reducing effects of aerobic exercise training combined with berberine chloride supplementation on the apoptotic markers of kidney in streptozotocin-induced diabetic male rats. *Middle East Journal of Rehabilitation and Health Studies*. 2019; 6(4).
39. Ghorbani A, **Saghebjo M**, Mogharnasi M, Ahmadabadi F. Acute effect of interval exercise in temperate, warm and cold water on plasma levels of acylated ghrelin and peptide YY in young overweight women. *Journal of Applied Exercise Physiology*, 2019: 15(29), 6-7 [Persian].
40. **Saghebjo, M**; Saber Sadeghi-Tabas, S; Saffari, I; Ghane, A; Dimauro, I. Sex Differences in antiaging response to short- and long-term high-intensity interval exercise in rat cardiac muscle: Telomerase activity, total antioxidant/oxidant status. *Chinese Journal of Physiology*. 2019; 62 (6): 261-266.
41. Jafary, A; Talebi Garakani, E; **Saghebjo, M**; Fathi, R. Effect of aerobic interval training on acylated ghrelin, peptide tyrosine tyrosine and glucagon-like peptide-1 in healthy young men. *Sport Physiology*. 2019; 41 (11): 105-122. (In Persian).
42. Seghatoleslami, A; Masoudi, M; **Saghebjo, M**; Taheri, M. Aerobics or pilates: Which is more effective in the performance of Wechsler Acid Profile among children with learning disabilities? A randomized comparison trial. *International Journal of School Health*, 2019; 6(3).
43. Parsa Shkooh, H; **Saghebjo, M**; Nazemi, S; Hedayati, M. The effect of one-time and two-times endurance training with the same volume on glial cell-derived neurotrophic factor and nuclear factor-kB in sensory roots of spinal cord in diabetic neuropathic rats. *Sport Physiology*. 2019; 11 (43): 75-90. (In Persian).
44. **Saghebjo, M**; Einaloo, A; Mogharnasi, M; Ahmadabadi, F. The response of meteorin-like hormone and interleukin-4 in overweight women during exercise in temperate, warm and cold water. *Hormone Molecular Biology and Clinical Investigation*. 2018, 36 (3).
45. Poorbahram M, **Saghebjo 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. *Scientific Journals Management System*. 2018; 73-83. (In Persian).
46. **Saghebjo, M**; Nezamdoost, Z; Ahmadabadi, F; Saffari, I; Hamidi, A. The effect of 12 weeks of aerobic training on serum levels high sensitivity C-reactive protein, tumor necrosis factor-alpha, lipid profile and

- anthropometric characteristics in middle-age women patients with type 2 diabetes. *Diabetes & Metabolic Syndrome: Clinical Research & Review*. 2018; 12: 163-168.
47. Sarir, H; Nemati, F; **Saghebjoor, M**; Moudi, M. The effect of Pistacia Atlantica extract and aerobic training on the levels of triiodothyronine, thyroxine and lipid profile in Streptozotocin-diabetic rats. *Journal of Kerman University of Medical Sciences*. 2018; 25 (6):509-518.
  48. Ilbeigi S, Rastegar N, **Saghebjoor M**, Ebrahimi Etri A, Farzaneh H. The relationship between anthropometrical domain and upper extremity abnormalities in primary school girl students. *Iran J Ergon*. 2018; 6 (1):19-29. (In Persian).
  49. Cheragh Birjandi, S; **Saghebjoor, M**; Hedayati, M. The effect of high-intensity Interval training and L-arginine supplementation on serum level of Irisin and body fat percentage in overweight and obese men: A randomized clinical trial. *Qom Univ Med Sci J*. 2017; 11 (9):1-9. (In Persian).
  50. Hasanabadi, S; **Saghebjoor, M**; Mohammadnia-Ahmadi, M. The response of plasma levels of atrogen-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. *J Isfahan Med Sch*. 2017; 34(408): 1406-13. (In Persian).
  51. **Saghebjoor M**, Nezamdoost Z, Saffari I, Hamidi A. The effect of twelve weeks of aerobic training on serum levels of interleukin-6, vaspin and serum amyloid A in postmenopausal women with metabolic syndrome. *Scientific Journal of Kurdistan University of Medical Sciences*. 2017; 21(6): 44-54. (In Persian).
  52. Khosravi, A; Fathi, R; **Saghebjoor, M**. Effect of eight weeks intermittent and continuous exercise training on serum angiopoietin-like protein 8 levels and lipid profile in 9-11 years old obese girls. *Metabolism and Exercise a Biannual Journal*. 2017; 7 (2): 95-114. (In Persian).
  53. Masoudi, M; Seghatoleslami, A; **Saghebjoor, M**. The effect of 8 weeks of aerobic training on cognitive performance in children with learning disorders. *Fundamentals of Mental Health*. 2016; 18 (3): 161-168.
  54. Shemshaki, A; Hosseini, M; **Saghebjoor, M**; Arefi, R. The Effect of 6 weeks of aerobic training on plasma levels of lipocalin-2, insulin and insulin resistance in streptozotocin-induced diabetic male rats. *Sport Physiology & Management Investigations*. 2016; 8(1): 51-61. (In Persian).
  55. Cheragh Birjandi, S; **Saghebjoor, M**; Hedayati, M. Effect of high intensity interval training and L-arginine supplementation on serum levels of fibroblast growth factor 21 and atrial natriuretic peptide in overweight and obese young men. *J Birjand Univ Med Sci*. 2016; 23 (3):211-221. (In Persian).
  56. Yaghoubi, A; **Saghebjoor, M**; Fallah-Mohammadi, Z; Hedayati, M; Hajizadeh Moghaddam, A. Effects of eight weeks aerobic training on levels of amyloid  $\beta$ 42, neprilysin and  $\gamma$ - secretase in the hippocampus of male rat Alzheimer's model by homocysteine injection. *Koomesh*. 2016; 17 (4): 996-1005. (In Persian).
  57. Gharari Arefi, R; **Saghebjoor, M**; Hedayati, M; Fathi, R. The role of aerobic training and omega-3 supplement intake on phosphorylated tau protein in the hippocampus of alzheimer induced rats with homocysteine. *Sport Physiology*. 2016; 8(31):171-88. (In Persian).
  58. Norouzi-Kakhki, R; **Saghebjoor, M**; Seghatoleslami, A. Effect of aerobic training and omega-3 intake on nerve growth factor in the hippocampus of healthy male rats and rats with homocysteine induced alzheimer's model. *J Isfahan Med Sch*. 2016; 34(379): 392-400. (In Persian).
  59. **Saghebjoor, M**; Deghani Firouzabadi, M; Etesami, M; Mahmudzadeh, T. Effect of pilates training on serum levels of brain-derived neurotrophic factor, malondialdehyde and total antioxidant capacity in women with multiple sclerosis. *Sport Physiology*. 2016; 8 (30): 143-58. (In Persian).
  60. **Saghebjoor, M**; Eidi Yusef Abad, H; Nezamdoost, Z. The response of serum levels of hypoxia inducible factor  $-1\alpha$ , vascular endothelial growth factor and peripheral capillary oxygen saturation to one session of underwater swimming training (Apnea) in young men. *Journal of Applied Exercise Physiology*. 2016; 12(23): 51-61. (In Persian).
  61. Gharari Arefi, R; **Saghebjoor, M**; Hedayati, M; Fathi, R. The effect of aerobic training and omega-3 consumption on brain-derived neurotrophic factor in the hippocampus of male rats with homocysteine induced alzheimer's disease. *Scientific Journal of Kurdistan University of Medical Sciences*. 2016; 21(2): 53-64. (In Persian).
  62. Yaghoubi, A; **Saghebjoor, M**; Fallah Mohammadi, Z; Hedayati M, Hajizadeh Moghaddam A. Effects of Continuous Training Intensity on Amyloid Beta1-42(A $\beta$ 1-42) Levels in Hippocampus of Homocysteine-Induced Alzheimer's Model Rats. *J Arak Uni Med Sci*. 2016; 18 (11):83-93. (In Persian).

63. Hosseini, M; Shemshaki, A; **Saghebjo, M**; Gharari Arefi, R. Effect of aerobic training and pistacia atlantica extract consumption on plasma levels of lipocalin-2 and insulin resistance index in streptozotocin-induced diabetic rats. *Horizon Med Sic.* 2016; 22 (1): 27-33. (In Persian).
64. Ayubi Avaz, M; **Saghebjo, M**; Ilbeigi, S; Zardast, M. 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.* 2016; 17 (2): 393-402. (In Persian).
65. Hasan-Zaiem, A; **Saghebjo, M**; Foadodini, M; Saed-Mocheshi, S. The effect of aerobic training and pistacia atlantica extract on the levels of heat shock protein 70 and protein carbonyl in the heart tissue of diabetic rats. *J Isfahan Med Sch.* 2015; 33(347): 1337-48. (In Persian).
66. Eidi Yusef Abad, H; **Saghebjo, M**; Hedayati, M; Ilbeigi, S. The response of serum level of vascular endothelial growth factor of two types of swimming exercise in hypoxic condition in young men. *Scientific Journal of Kurdistan University of Medical Sciences.* 2015, 20(3): 10-22. (In Persian).
67. Mahmudzadeh, T; Seghatoleslami, A; **Saghebjo, M**. Effect of six weeks of forced exercise training and pistacia atlantica extract consumption on anxiety in streptozotocin-induced diabetic rats. *Journal of Zabol University of Medical Sciences and Health Services.* 2015; 6 (4):102-115. (In Persian).
68. Nezamdoust, Z; **Saghebjo, M**; Barzgar, A. Effect of twelve weeks of aerobic training on serum levels of vaspin, fasting blood sugar, and insulin resistance index in women patients with type 2 diabetes . *Iranian Journal of Diabetes and Metabolism.* 2015; 14 (2):99-104. (In Persian).
69. Zarekar, M; **Saghebjo, M**; Foadodini, M; Hedayati, M. Combined effect of aerobic training and pistacia athlantica extract on GLUT-4 protein expression and muscle glycogen in diabetic rats. *Iranian Journal of Endocrinology and Metabolism.* 2014; 16 (4):245-253. (In Persian).
70. Hejazi, M; Nezamdoost, Z; **Saghebjo, M**. Effect of twelve weeks of aerobic training on serum levels of leptin, vaspin and some indicators of oxidative stress in obese middle-aged women. *Iranian Journal of Endocrinology and Metabolism.* 2014; 16 (2):111-118. (In Persian).
71. Ilbeigi, S; Heydari, M; **Saghebjo, M**. The effect of 6 weeks of pilates training on pain, and life quality in women with ankle sprain. *Journal for Research in Sport Rehabilitation.* 2014; 2(3): 41-49. (In Persian).
72. Shabanpoor Omali,, J; **Saghebjo, M**; Fathi, F; Gharari Arefi, R. The effects of eight weeks high intensity circuit resistance training on plasma lipids profile and insulin resistance index in male patients with type 2 diabetes. *Journal of Applied Exercise Physiology.* 2014; 19: 135-142. (In Persian).
73. Mohammadi Karizno, F; **Saghebjo, M**; Foadoddini, M; Sarir, H. The role of aerobic training and pistacia atlantica extract on the levels of protein carbonyl, heat shock protein 70, and glycogen in the liver tissue of diabetic rats. *J Birjand Univ Med Sci.* 2014; 21 (1):35-47. (In Persian).
74. Ayubi Avaz, M; **Saghebjo, M**; Ilbeigi, S . Acute effects of different warm up protocols (massage, dynamic stretching and proprioception) on anaerobic power, agility and flexibility in male athletes of volleyball player. *Research on University Sports.* 2014; 2 (6): 69 -86. (In Persian).
75. Mahmudzadeh, T; **Saghebjo, M**; Seghatol Eslami, A; Hedayati, M. Effect of aerobic training and pistacia atlantica extract consumption on pancreatic B-cells function in streptozotocin-induced diabetic rats. *Iranian Journal of Diabetes and Metabolism.* 2014; 13 (3):252-262. (In Persian).
76. **Saghebjo, M**; Dadi Khaliran, Z; Afzalpour, ME; Hedayati, M; Yaghoubi, A. Comparison of some prognostic markers of cardiovascular diseases to morning and evening Bruce treadmill test in women. *J Birjand Univ Med Sci.* 2013; 20 (3):252-261. (In Persian).
77. **Saghebjo, M**; Shabanpoor Omali, J; Fathi, R. Effects of 8 weeks high intensity circuit resistance training on plasma chemerin levels and glycemic control in male patients with type 2 diabetes. *Olympic.* 2013; 21(3): 99-113. (In Persian).
78. **Saghebjo, M**; Zahed Abolhasani, M; Bahari Fard, R; Yaghubi, A. The acute effects of different static and dynamic stretch protocols on the Wingate power test performance. *Olympic.* 2013; 21(3): 73-88. (In Persian).
79. **Saghebjo, M**; Dadi Khliiran, Z; Afzalpour, M; Hedayati, M. Effect of time of day on plasma CRP and IL-6 levels after an exhaustive exercise in healthy female subjects. *Olympic.* 2013; 21(1): 21-35. (In Persian).

80. Nasirzade, A; Ilbeigi, S; Ehsanbakhsh, A; **Saghebjo, M**. Muscle architectural parameters of different arm muscles sites in table tennis players. *Journal of Practical Studies of Biosciences in Sport*. 2013; 1(1): 83-90. (In Persian).
81. **Saghebjo, M**; Hedayati, M; Fahimi, Y; Ilbeigi, S. Plasma acylated ghrelin response to one session circuit resistance exercise in fasted and high carbohydrate meal in healthy young men. *International Journal of Endocrinology & Metabolism*. 2013; 11 (4): e8568.
82. Fathi, ; Esmail, B; Talebi-Garekani, E; **Saghebjo, M**, The effect of 8-weeks aerobic exercise training on plasma visfatin and lipid profile in overweight women. *Iranian Journal of Health and Physical Activity*. 2013; 4(2): 63-68.
83. Safarzade, A; Abbaspour-Seyedi, A; Talebi-Garekani, E; Fathi, R; **Saghebjo, M**. Aerobic or resistance training improves anthropometric and metabolic parameters in overweight/obese women without any significant alteration in plasma vaspin levels. *Sport Sciences for Health*. 2013; 10 (9): 121-126.
84. Ghasemi, E; Afzalpour, ME; **Saghebjo, M**; Zarban, A. Effects of short-term green tea supplementation on total antioxidant capacity and lipid peroxidation in young women after a resistance training session. *Journal of Isfahan Medical School*. 2012; 30(202). (In Persian).
85. Afzalpour, ME; **Saghebjo, M**; Zarban, A; Jani, M. 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 in Biomotor Sciences*. 2012; 6(3): 30-39. (In Persian).
86. Nayebifar, S; Afzalpour, M; **Saghebjo, M**; Hedayati M; Shirzaee, P. The effect of aerobic and resistance trainings on serum C- reactive protein, lipid profile and body composition in overweight women. *Mod Care J*. 2012; 8 (4): 186-196. (In Persian).
87. **Saghebjo, M**; Dastigerdi, S; Afzalpour, ME; Hedayati, M. Effects of aerobic and resistance training on plasma visfatin levels in overweight women. *Koomesh*. 2012; 13 (2):225-232. (In Persian).
88. Rostami, MA; **Saghebjo, M**; Afzalpour, ME; Hedayati, M. The acute response of total plasma ghrelin to high intensity circuit resistance exercise, performed in fasted and high carbohydrate meal states in healthy young men. *Journal of Sport in Biomotor Sciences*. 2012; 5(3): 67-76. (In Persian).
89. Ghasemi, E; **Saghebjo, M**; Dadi, Z; Maraki, H. Effects of one bout of maximum aerobic physical activity in morning and evening on plasma GH and cortisol levels in young female. *Journal of Sport in Biomotor Sciences*. 2012; 5(3): 38-47. (In Persian).
90. **Saghebjo, M**; Fathi, R; Talebi Ghorghani, E; Hosseini Kakhak, A; Ghanbari Niaki, A; Hedayati, M. Obestatin and the regulation of energy balance in physical activity. *Iranian Journal of Endocrinology and Metabolism*. 2011; 12 (6): 647-655. (In Persian).
91. Nayebifar, S; Afzalpour, ME; **Saghebjo, M**; Hedayati, M. Effects of aerobic and resistance trainings on serum Sicam-1 and lipid profile in overweight women. *Sport and Biomotor Sciences*. 2012; 2 (4); 77 – 87. (In Persian).
92. Hedayati, M; **Saghebjo, M**; Ghanbari-Niaki, A. Effects of circuit resistance training intensity on the plasma ghrelin to obestatin ratios in healthy young women. *International Journal of Endocrinology & Metabolism*. 2012; 10 (1):475-479.
93. **Saghebjo, M**; Ghanbari-Niaki, A; Rajabi, H; Fathi, R; Hedayati, M. Effects of circuit resistance training on plasma ghrelin levels in young women. *Iranian Journal of Endocrinology and Metabolism*. 2011; 12 (5): 529-535. (In Persian).
94. Ghanbari-Niaki, A; **Saghebjo, M**; Hedayati, M. A single session of circuit resistance exercise effects on human peripheral blood lymphocyte ABCA1 expression and plasma HDL-C level. *Regulatory Peptides*. 2011; 166: 42-7.
95. Fathi, R; Ghanbari-Niaki, A; Kraemer, RR; Talebi-Garakani, E; **Saghebjo, M**. The effect of exercise intensity on plasma and tissue acyl ghrelin concentrations in fasted rats. *Regulatory Peptides*. 2010; 165: 133-37.
96. Ghanbari-Niaki, A; **Saghebjo, M**; Soltani, R; Kirwan, JP. Plasma visfatin is increased after high intensity exercise. *Annals of Nutrition and Metabolism*. 2010; 57: 3-8.

97. Ghanbari-Niaki, A; **Saghebjoor, M**; Rashid Lamir, A; Fathi, R; Kraemer, RR. Acute circuit resistance exercise increase expression of lymphocyte agouti-related protein in young women. *Experimental Biology and Medicine*. 2010; 235: 326-34.
98. Ghanbari-Niaki, A; **Saghebjoor, M**; Rahbarizadeh, F; Hedayati, M; Rajabi, H. A single circuit resistance exercise has no effect on plasma obestatin levels in female college students. *Peptides*. 2008; 29: 487-90.

## **National/ INTERNATIONAL CONGRESS**

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1. Ahmadabadi F, Nasrabadi M, **Saghebjoor S**, Hedayati M, Grave BS. (2024). Effectiveness of high-intensity interval training and L-arginine supplementation in improving serum plasminogen activator inhibitor-1 level and abdominal obesity indices in overweight/obese young men. ACSM Annual Meeting. Boston, Massachusetts. USA.
2. Jamshidi A, **Saghebjoor M**. (2024). Resistance training in knee osteoarthritis: a narrative review. 14th International Congress on Sport Sciences. Tehran.Iran.
3. Habibi H, **Saghebjoor M**. (2024). The effects of acute exercise and exercise training on appetite-related hormones and obesity: A narrative review. 14th International Congress on Sport Sciences. Tehran.Iran.
4. Bagherin S, **Saghebjoor M**. (2024). Comprehensive analysis of whole-body electrical muscle stimulation: evolution, technical foundations, applications, and considerations. 14th International Congress on Sport Sciences. Tehran.Iran.
5. Ahmadabadi F, Azizi S, **Saghebjoor M**, Mohiti-Ardakani J, Graves BS. (2023). Combination of aerobic exercise training and berberine attenuate kidney cachexia in diabetic rats by increasing the Bcl-2/Bax ratio. Southeast Chapter of the ACSM. Greenville County, South Carolina, USA.
6. **Saghebjoor M**. (2022). Interaction between exercise, diet, and gut microbiota: promising approach for weight management. 13th international Congress on Sports Sciences. Tehran. Iran.
7. Behmadi M, Ilbeigi S, **Saghebjoor M**. (2021). The effect of two weeks of curcumin supplementation on serum malondialdehyde and superoxide dismutase indices after an intense intermittent training session in overweight and obese girls. 1<sup>st</sup> international Congress on Sports Sciences & Interdisciplinary Research. Tehran. Iran.
8. Saffari I, **Saghebjoor M**, Hedayati M, Sarir H. (2018). Effects of high-intensity interval training and detraining on telomerase activity, p53 protein levels and oxidative status in rat skeletal muscle. 11th international Congress on Sports Sciences. Tehran. Iran.
9. Akmali A, **Saghebjoor M**. (2018). Effects of high intensity interval training with short and long-term intervals and detraining on glycolytic capacity in rat gastrocnemius muscle. 11th international Congress on Sports Sciences. Tehran. Iran.
10. Ahmadabadi F, **Saghebjoor M**, Gharari Arefi R, Yaghoubi A, Cheragh Birjandi S. (2018). Effect of omega 3 consumption on plasma brain-derived neurotrophic factor, malondialdehyde and total antioxidant capacity response after one session intensive exercise in young men. 11th international Congress on Sports Sciences. Tehran. Iran.
11. Gharari Arefi R, **Saghebjoor M**, Yaghoubi A. (2017). The effect of low intensity aerobic exercise and omega-3 consumption on brain-derived neurotrophic factor in hippocampus of healthy male rats. 2nd international conference on applied research in physical education, sport and athletic science. Tehran, Iran.
12. **Saghebjoor M**, Cheragh Birjandi S, Gharari Arefi R, Yaghoubi A. (2016). Effect of Omega 3 consumption on plasma C-reactive protein and interleukin-6 after one session of high intensity interval training in young active men. First National Conference on Developments in the Field of Sports Science Health, Prevention and Championship. Gazvin, Iran.
13. **Saghebjoor M**, Ehsanfar E, Deghani Firouz Abadi M, Hedayati M. (2016). The effect of eight weeks of Pilates training on serum interleukin-6 and C-reactive protein levels and muscular strength in women with multiple sclerosis. First National Conference on Developments in the Field of Sports Science Health, Prevention and Championship. Gazvin, Iran.

14. Afzalpour ME, Nayebifar S, **Saghebjo M**. Effects of resistance and aerobic training on vascular inflammatory biomarkers and body composition in premenopausal overweight women. The 3rd International Conference on Sports and Exercise Science. 2012. Thailand.
15. **Saghebjo M**, Ghanbari-Niaki A, Fathi R, Hedayati M. Effect of circuit resistance training on circulating levels of ghrelin, obestatin and ghrelin to obestatin ratio in healthy young women. ACSM Annual Meeting. 2011. Denver, Colorado. USA.
16. Fathi R, Talebi-Garakani E, **Saghebjo M**. Effect of training intensity on plasma ghrelin concentration in male rat. ACSM Annual Meeting. 1-5 June 2010. Baltimore, Maryland. USA.
17. Fathi R, Talebi-Garakani E, Hedayati M, **Saghebjo M**. Effect of training intensity on skeletal muscle and liver glycogen in rat. ACSM Annual Meeting 2010. Baltimore, Maryland. USA.
18. Nayebifar S, Afzalpour ME, **Saghebjo M**, Hedayati M. Effect of resistance exercise on vascular inflammatory biomarkers in premenopausal overweight women. International Conference on sports and Exercise Science (ICES2010). 2010. Thailand.
19. **Saghebjo M**, Ghanbari-Niaki A, Rajabi H, Hedayati M, Rahbarizadeh F. The influence of increased circuit resistance training intensity on circulating levels of ghrelin to obestatin ratio in healthy young women. 7th International Congress on Physical Education and Sports Sciences. 2010. Tehran. Iran.
20. **Saghebjo M**, Manshouri M, Ghanbari-Niaki A, Kraemer R. Time course alterations of plasma obestatin and selected hormone levels in response to short term anaerobic exercise training in college women. 13th Annual Congress of the European college of sport science. 9-12 July 2008. Estoril. Portugal.
21. Maraki H, Ghanbari-Niaki A, **Saghebjo M**, Rahbarizadeh F. A single session of circuit resistance exercise enhances ABCA1 expression in human peripheral blood lymphocyte. 13th Annual Congress of the European college of sport science. 9-12 July 2008. Estoril. Portugal.

## **EDITORIAL SERVICE**

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### **Editorial Board Member**

- Journal of Practical Studies of Biosciences in Sport, University of Birjand, 2013- present
- Journal of Research in Biosciences and Physical Activity, University of Sistan and Baluchestan, 2018- present

### **Reviewer**

- Scientific Reports
- Lipids in Health and Disease Journal
- Sport Physiology
- Iranian Journal of Diabetes and Metabolism
- Komesb
- Journal of Birjand University of Medical Sciences
- Journal of Applied Exercise Physiology
- Journal of Sport in Biomotor Sciences
- Journal of Practical Studies of Biosciences in Sport
- Iranian Journal of Endocrinology and Metabolism
- Metabolism and Exercise: A biannual Journal

## **RESEARCH PROJECT**

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- Saffari I. (2022). Assessment of the amount of fat oxidation, hormones levels and blood glucose in response to various methods of high intensity interval training in overweight and obese military.

- Ahmadabadi F. (2019). Assessment the effect of high-intensity interval training with saffron (*Crocus Sativus L.*) aqueous extract supplementation on cachexia-associated indices in tumor tissue with 4T1 breast cancer cell line in female mice with cachexia.

## **THESIS/ DISERATION**

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### **PhD, Supervisor/ Advisor**

#### **Supervisor**

- Taji Tabas, A. (2024). Assessment of high-intensity interval training and high-fat diet effect on metabolomic profile associated with mTORC1 signaling in the skeletal muscle of male rats. University of Birjand.
- Karimi, M. (2024). Assessment of high-intensity interval training and high-fat diet effect on metabolites profile involved in insulin resistance development in skeletal muscle of male Wistar rats. University of Birjand.
- Mostafa-Farkhani, B. (2023). Assessment the effect of five weeks speed endurance training combined with blood flow restriction during rest intervals on serum levels of VEGF and HIF-1 $\alpha$  and aerobic and anaerobic performance in young men soccer players. University of Birjand.
- Islami, F. (2022). Assessment of 10 weeks of home- versus gym-based combined training effect on the plasma levels of NADPH oxidase 5, thioredoxin 2, thioredoxin reductase 2 and nitric oxide in men with primary hypertension. University of Birjand.
- Masoudi, M. (2022). Assessment of 10 weeks of home- versus gym-based combined exercise training effect on the plasma levels of TXNIP, Insulin Sensitivity and Lipid profiles in men with primary hypertension. University of Birjand.
- Mohtashami, A. (2022). Assessment of modified German volume, Nonlinear and high-intensity resistance training effect on serum levels of nuclear factor Kappa B, myostatin and follistatin in trained men. University of Birjand.
- Javani, M. (2021). Assessment of substrate oxidation, appetite and postprandial metabolic profile response following two different protocols of high-intensity interval exercise in overweight and obese men. University of Birjand.
- Ahmadabadi, F. (2021). Assessment the effect of high-intensity interval training and saffron (*Crocus Sativus L.*) aqueous extract supplementation on apoptosis indices caspases-3, BCL-2 and Bax in tumor tissue with 4T1 breast cancer cell line in female mice. Faculty of Sport Sciences. University of Birjand.
- Ali-Akbari, M. (2020). Assessment the effect of the endurance training and hydro-alcoholic extract of dill (*Anethum Graveolens L.*) on expression of miR-33 and miR-223 of liver tissue and plasma lipid profile in obese male rats. University of Birjand.
- Nezamdoost, Z. (2020). Assessment the effect of high-intensity interval training and saffron (*Crocus Sativus L.*) aqueous extract supplementation on gene expression Sirtuin-1, hTERT, p53 in tumor tissue with 4T1 cell line breast cancer bearing female mice. University of Birjand.
- Khosravi, A. (2020). Assessment of eight weeks aerobic exercise training and green tea consumption effects on concentration of VEGF and MMP-2/MMP-9 in prostate tissue of rats with prostate cancer. University of Birjand.
- Azizi, S. (2019). Assessment the effect of aerobic training and different doses of Berberine chloride hydrate supplementation on apoptosis indices caspases-3, BCL-2 and Bax in kidney tissue of streptozotocin-induced diabetic Wistar rats. University of Birjand.
- Saedmocheshi, S. (2019). Assessment of eight weeks aerobic exercise and/or green tea extract consumption effects on tissue concentration of nuclear factor kappa B, tumor protein p53 and cyclooxygenase -2 in prostate of rats with prostate cancer. University of Birjand.

- Parsa Shokuh, H. (2018). Assessment of two type endurance training effect on nuclear factor-kB, Glial cell line derived neurotrophic factor, catalase, superoxide dismutase levels and neuropathic pain in sensory areas of the spinal cord of streptozotocin induced diabetic rats. University of Birjand.
- Gheragh-Birjandi, S. (2016). Assessment of high intensity interval training and L-Arginine supplementation effects on serum levels of irisin, fibroblast growth factor 21 and atrial natriuretic peptide in obese men. University of Birjand.
- Yaghoubi, A. (2016). Study of continuous training intensity effect on hippocampus levels of Amyloid Beta-42, Neprilysin and  $\gamma$ -secretase in male rat homocysteine-induced Alzheimer's model. University of Birjand.
- Gharari-Arefi, R. (2016). Study the effects of aerobic training along with Omega-3 on hippocampus levels of brain-derived neurotrophic factor and phosphorylated TAU protein in male rat homocysteine-induced Alzheimer's model. University of Birjand.

### **Advisor**

Jafari, A. (2018). Study of effects of high and moderate intensity aerobic exercise training and detraining on appetite and gut hormones regulative appetite after a single bout of exercise in young men. University of Mazandarn.

## **M.Sc. Supervisor/ Advisor**

### **Supervisor**

- Hashemi, R.S. (2022). Assessment the effect of five weeks speed endurance training combined with blood flow restriction during rest intervals on serum levels of myostatin and testosterone, muscular strength and power in young men soccer players. University of Birjand.
- Abdollah Zadeh Gonabadi, M. (2022). Assessment the effect of five weeks speed endurance training combined with blood flow restriction during rest intervals on serum levels of follistatin and cortisol, agility and balance in young men soccer players. University of Birjand. (Second supervisor).
- Ali-Abadi, M. (2021). Assessment of the effect of high-intensity interval training and high-protein diet on gut microbiota and weight changes in obese male rats. University of Birjand.
- Shafiee-Tabar, Z. (2020). Assessment the effect of the aerobic training and hydro-alcoholic extract of dill consumption on levels of TNF- $\alpha$ , IL-4 and PPAR $\gamma$  of skeletal muscle in obese male rats. University of Birjand.
- Khorsand, B. (2020). Assessment of the effect of high-intensity interval training and high-protein diet on IL-37 and TNF- $\alpha$  levels in the intestinal tissue of obese male rats. University of Birjand.
- Seyed-Moosavi, SM. (2020). Assessment the effect of the aerobic training and hydro-alcoholic extract of dill (*Anethum Graveolens* L.) on Nicotinamide N-methyltransferase of liver and white adipose tissue and insulin resistance in obese male. University of Birjand.
- Gholami, R. (2019). Assessment the effect of high intensity interval training and high protein diet on the levels UCP-1 and MCP-1 in visceral adipose tissue and gastroceminus muscle in male obese Wistar rats. University of Birjand.
- Saffari, I. (2018). Assessment of the effect of two types of high-intensity interval training with short and long-term interval on telomerase enzyme activity, total oxidant and antioxidant status in the gastroceminus muscle of male Wistar rats. University of Birjand.
- Sadeghi-Tabas S. (2018). Assessment of the effect of two types of high-intensity interval training with short and long-term intervals on telomerase enzyme activity and tumor suppressor protein p53 levels in the cardiac muscle of male Wistar rats. University of Birjand.
- Akmal, A. (2018). Assessment of the effect of two types of high-intensity interval training with short and long-term intervals on glycolytic capacity of Gastrocnemius muscle in male Wistar rats. University of Birjand.

- Eskandari, M. (2018). Assessment of four weeks of upper and lower body resistance training effect on tumor necrosis factor alpha and nitric oxide plasma levels in men with primary hypertension. University of Birjand.
- Asghari, SH. (2018). Assessment the effect of four weeks of upper and lower body resistance training on plasma levels of NADPH oxidase enzyme and regulatory T cells index in men with primary hypertension. University of Birjand.
- Einaloo, A. (2017). Assessment of exercise acute effect in cold and warm water on plasma levels of meteorin like hormone and interleukin-4 in young overweight women. University of Birjand
- Ghorbani, A. (2017). Assessment of exercise acute effect in cold and warm water on plasma levels of acylated ghrelin hormone and peptide YY in young overweight women. University of Birjand
- Farrokhi-Fard, M. (2017). Effect of high intensity interval training and L-arginine supplementation on serum levels of adiponectin and lipid profile in overweight young men. University of Birjand
- Nasrabadi, M. (2017). Assessment of high intensity interval training and L-arginine effect on serum level of plasminogen activator inhibitor-1 and central obesity in young over weight men. University of Birjand.
- Heshmati, F. (2017). Assessment of eight weeks of aerobic training and Cumin essential oil effect on serum levels of tumor necrosis factor alpha and cyclooxygenase-2 in male rats receiving the high-fat diet. University of Birjand.
- Kargar-Akbaryeh, N. (2016). Assessment of one session of high-intensity interval exercise acute effect in the fasting state and after high protein breakfast on serum levels of glycerol and free fatty acid in young overweight men. University of Birjand.
- Hasanabadi, S. (2016). The response of plasma levels of atrogen-1 and insulin-like growth factor-1 to milk consumption after one session of high intensity exercise in fasting state among overweight young men. University of Birjand.
- Noruzi-Kakhki, R. (2016). Assessment of aerobic training along with omega-3 effect on nerve growth factor in the hippocampus of healthy male rats and alzheimer's disease induced by homocysteine. University of Birjand.
- Eidi-Yusef Abad, H. (2015). The acute effect study of two types of swimming exercise in hypoxic condition on serum levels of VEGF and HIF-1 $\alpha$  in young men. University of Birjand.
- Ayubi-Avaz, M. (2014). The acute effects of three different warm up methods (massage, dynamic stretching, proprioception) on some selected physical fitness and muscle soreness-associated biochemical factors in men's volleyball players. University of Birjand.
- Zarekar, M. (2014). The effect of six weeks of aerobic training with and without Pistacia Atlantica extract consumption on glucose transporter-4 protein expression and glycogen level in gastrocnemius muscle of streptozotocin-induced diabetic rats. University of Birjand.
- Mahmudzadeh, T. (2014). Effect of six weeks of aerobic training with and without of Pistacia atlantica extract consumption on pancreatic  $\beta$ -cells function and anxiety level in streptozotocin-induced diabetic rats. University of Birjand.
- Mohammadi-Karizno, F. (2014). Assessment of six weeks of aerobic training effect with and without of pistacia atlantica extract consumption on liver heat shock protein70 and protein carbonyl in streptozotocin-induced diabetic rats. University of Birjand.
- Hasan-Zaiem, A. (2014). The effect of six weeks of aerobic training with and without of Pistacia atlantica extract consumption on heart muscle heat shock protein in streptozotocin-induced diabetic rats. University of Birjand.
- Adili, M. (2013). The effects of eight weeks of Pilates training on serum nerve growth factor, insulin-like growth factor-1 levels and some selected physical fitness factors in female patients with multiple sclerosis. University of Birjand.
- Ehsanfar, N. (2013). The effects of eight weeks of Pilates training on serum interleukin-6 and C-reactive protein levels and some selected physical fitness factors in female patients with multiple sclerosis. University of Birjand.

- Ghasemi, E. (2012). Effects of an acute resistance training with green tea consumption on the total antioxidant capacity (TAC) and lipid peroxidation in healthy young women. University of Birjand. (Second supervisor)
- Shabanpoor-Omali, J. (2012). The Effects of 8 Weeks Circuit Resistance Training on Plasma Chemerin Level and Some Cardio metabolic Risk Factors in Male Patients with Type 2 Diabetes. University of Birjand.
- Dastigerdi, S. (2011). Effects of aerobic and resistance training on plasma visfatin and lipids levels in overweight women. University of Birjand.
- Rostami, MA. (2011). The acute response of plasma total ghrelin levels to one session circuit resistance exercise in fasted and high carbohydrate meal states in healthy young men. Faculty of Sport Sciences. University of Birjand.
- Fahimi, Y. (2011). The acute response of plasma acylated ghrelin levels to one session circuit resistance exercise in fasted and high carbohydrate meal states in healthy young men. Faculty of Sport Sciences. University of Birjand.

#### **Advisor**

- Salari, B. (2015). Effect of garlic supplement on serum glutathione and some cellular damage markers after one session of exhaustive exercise in inactive. University of Birjand.
- Hosseini, M. (2013). Effect of 6 weeks of aerobic training on levels of lipocalin-2, insulin and insulin resistance in diabetic male rats. Alzahra University.
- Ajam, M. (2012). The effect of 4 weeks period of saffron extract on the serum paraoxonase -1 activity (PON1) and C-reactive protein C (CRP) in healthy young women following an acute resistance exercise. University of Birjand.
- Naye bifar, Sh. (2012). Effect of three various exercise methods on vascular inflammation biomarkers in overweight women. University of Birjand.

### **HONORS/ AWARDS**

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- Top Lecturer of South Khorasan Province, **2011**
- Privileged professor of University of Birjand, **2014**
- Privileged professor of University of Birjand, **2015**
- Privileged professor of University of Birjand, **2017**
- Privileged professor of University of Birjand, **2018**
- Privileged professor of University of Birjand, **2020**
- Privileged professor of University of Birjand, **2021**
- Privileged professor of University of Birjand, **2022**
- Privileged professor of University of Birjand, **2024**
- Top Researcher of University of Birjand, **2014**
- Top Researcher of University of Birjand, **2016**
- Top Researcher of University of Birjand, **2019**
- Top Researcher of University of Birjand, **2020**
- Top Researcher of University of Birjand, **2021**
- Top Researcher of University of Birjand, **2023**
- Top Researcher of University of Birjand, **2024**