

Parvin Farzanegi Arkhazloo, Ph.D.

Prof/Physical Education/Sports Physiology
Faculty Member, Sari Branch, Islamic Azad University

Sari Street, The end of Yas Alley, Floor 2
Parvin.farzanegi@gmail.com
Phone: +989112230233

Summary

Applied sports physiology with significant experience in lectures, private tutoring and exercise therapy and movement therapy. It has been shown to motivate skilled students with research expertise. Have a history of building lasting relationships with researchers, supervisors, colleagues and colleagues. Guidance advisor, co-advisor and referee in master's and doctoral theses Degree. Experience in animal and sports physiology laboratory, performing and interpreting body composition tests, designing diets for athletes and designing exercises for patients to lose or gain weight and a balanced diet, anthropometry, measuring and performing sports aptitude tests, Microsoft Office, Photoshop , online education, and consulting project in health and sports education.

Outstanding skills: Animal laboratory, Team worker, leader, supervisor, movement therapy.

Affiliations, and Responsibilities

- professor in exercise physiology and Faculty Member in the Department of Physical Education and Sports Sciences (2024 – Now).
- Group manager of Physical Education and Sports Sciences(2008– 2018).
- Head of the sports physiology (2011 – 2012) and animal laboratory at Islamic Azad University Sari Branch(2011 – 2016).
- Member of the specialize exercise physiology Committee for comprehensive exam at Sari university
- Member of the PHD interviewing committee of Azad Islamic University(2016– Now).
- Member of the committee of judges for the defense of the PHD thesis of the Islamic Azad University.
- Representative of Sari Branch in Women's Research Council in the Mazandaran Region(2009-2010).
- Chairperson of women's research committee Islamic Azad University Sari Branch (2011-2012).
- Member of Committee of Sophisticated Women Islamic Azad University- Mazandaran Province (2015-2017).
- Membership in Research Council of Islamic Azad University Sari Branch (2012 -2018).
- Member of the specialty Committee of physical Education Department (Sport Physiology) in Islamic Azad University Science and Research Department of Mazandaran(2012-2013).
- Membership in Research Council in Faculty of Humanities of Islamic Azad University Sari Branch (2012 ,2017).
- Member of Education- Research Council in Faculty of Humanities Faculty of Islamic Azad University Sari Branch (2017 ,2018,2020).
- Member of Scientific Ability Committee of Physical Education Mazandaran(2011,2012) and Golestan(2012).

Selected as an expert examiner for promotion to the rank of associate professor Dr. Asieh Abbasi of Deloei(2018) and Dr. Ahmad Abdi(2019).

Technical Skills

- Propagation and breeding and working techniques of laboratory animals, induction of various diseases (modeling) and Performing various exercises on mice.
- Lecturer of various courses of associate degree, bachelor's degree in physical education and master's degree, and doctorate degree in sports physiology.

- Skill in Body composition test devices, Anthropometry tests, and sports talent tests.
- Dietary design for athletes in losing or gaining weight.
- Advisor and co-advisor in MSc and PhD Students and Reviewer in Articles.
- Acquaintance with Microsoft Office, Photoshop, SPSS, ANOVA.

Education and Credentials

Ph.D. in Physical Education& Sport Sciences (Sports Physiology),2009. Central Tehran Branch, Islamic Azad University, Tehran, Iran.

Islamic Azad University, Central Tehran Branch is a private research university located in Tehran, Iran. Founded in 1982, Central Tehran is the flagship institution of the universities affiliated with Islamic Azad University system. That, Tehran Central is currently known as one of the best universities in the field of sports science. That I received a full scholarship for the Ph.D degree.

Thesis Title: Humoral immune response and cytokines in adolescent male gymnasts after influenza vaccination.

MSc in Degree in Physical Education & Sport Sciences, 2004. Central Tehran Branch, Islamic Azad University , Tehran, Iran.

Thesis Title: The effect of two training sessions compared to one training session per day on the concentration of immunoglobulin, cortisol, and salivary total protein in elite female gymnasts.

Bachelor's Degree in Accounting, 1996. Ghaemshahr Branch, Islamic Azad University , Ghaemshahr, Iran.

As a high-ranking academic center, the Islamic Azad University of Ghaemshahr is one of the largest scientific centers in the north of Iran. It has five faculties approved by the Ministry of Science, including agricultural sciences, natural resources, basic sciences, engineering and humanities, and the multi-purpose (educational, research, sports, welfare and economic) complex of martyr Mohammad Belbasi as well as Sama Cultural and Educational Center.

Professional Experiences

- 20 years teaching and research in university, 12 years experiences in sport physiology and animal laboratory.
- Member of the specialize exercise physiology Committee for comprehensive exam at Sari university
- Member of the PHD interviewing committee of Azad Islamic University.
- Member of the committee of judges for the defense of the PHD thesis of the Islamic Azad University.

I have taught following subjects:

- **BSc:** Exercise Physiology, Sport Nutrition, Human Anatomy Human physiology.
- **MSc:** Sport Nutrition, Diet design in sports, Biochemistry for sports activities, Human physiology for sports activity, Seminar.
- **PhD:** Cardiovascular adaptations to sports activities, Hormonal adaptations to sports activities, Cellular adaptation to sports activities, Seminar.

Research activity:

Conductor of project, Supervisor or advisor, co-advisor and referee in thesis, carried out research and development activities, produced detailed observations, analyzed data and interpreted results, compiled results and prepared technical reports and documentation of outcomes, Developed research policy papers, studies, and reports by conducting research in specific areas, Recorded findings and presented to peers, Published articles and planned research projects, collected and analyzed data and attended project meetings.

Book Publication

1. Digital Qualitative Research in Sport and Physical Activity, Translated by: Mostafa Afshari, Parvin Farzanegi, Amir Dana, Zynalabedin Fallah, Publisher: Sports Sciences Research Institute, 2022, ISSN: 978-600-893-62-4.
2. Drugs and Exercise, Authors: Parvin Farzanegi, Publisher: Academic Jahad Publishing Organization, 2019, ISSN: 978-600-892-157-7.
3. Laboratory methods of biochemistry and sports metabolism, Authors: Parvin Farzanegi, Hajar Abbaszadeh Sourati, Mahboobeh Farrokhpour, Amirhossein Esmaili, Mahdia Asadi, Publisher: Tanin Danesh, 2019, ISSN: 978-622-9561-84-3.
4. Anabolic Androgenic Steroids (cardiovascular side effects), Authors: , Asieh Abbassi Dalooi, Parvin Farzanegi, Arkhazloo, Javad Ziaolhagh, Zeinab Ebrahimpour, Publisher: Narvan-Danesh, 2018, ISSN: 978-60099996-3-7
5. Nutrient timing for peak performance, 2010. Authors: Masoumeh Hoseini, Parvin Farzanegi, Publisher: Hatmi, 2010, 978-600-575-182-6.

Journals:

1. **P Farzanegi, A Dana, Z Ebrahimpour, M Asadi, MA Azarbayjani. Mechanisms of beneficial effects of exercise training on non-alcoholic fatty liver disease (NAFLD): Roles of oxidative stress and inflammation. European journal of sport science .2019.19 (7), 994-1003. [highly cited 2023](#).**
2. R Mahmudi, MA Azarbayjani, M Peeri, P Farzanegi .The Effect of Aerobic Training and Octopamine on Inflammatory Signaling Pathway in White Adipose Tissue of Rats Poisoned with Deep-Fried Oil. Pharmaceutical Chemistry Journal .2023. 57 (1), 101-107.
3. F Rashidpour, P Farzanegi, H Abbaszadeh. Evaluation of Cyclooxygenase-2 and Prostaglandin E2 Expression in Endometrial Tissue Following 8 Weeks of Swimming Exercise and Omega-3 Intake. Medical Laboratory Journal.2023. 17 (2).
4. P Farzanegi, K Ebrahimi, M Habibian. The effect of resistance training circuit with Medicago sativa extracts on levels of osteoprotegerin and nuclear factor of Kappa-B in thin girls. Pars Journal of Medical Sciences .2022. 14 (3), 27-34.
5. M Tajik, M Azarbayjani, M Peeri, P Farzanegi. Effect of mesenchymal stem cells, hyaluronic acid and aerobic exercise on the expression of Myonectin and Myogenin genes and the production of CD44 protein in the experimental model of knee osteoarthritis. KAUMS Journal (FEYZ) .2022, 26 (6), 617-628.
6. S Heydarzai, L Moradi, P Farzanegi, B Abedi. Investigating the expression of Toll-like receptor 4-Myeloid differentiation primary response 88 pathway after a period of exercise and vitamin E consumption in endometriosis model rats. KAUMS Journal (FEYZ) .2022. 26 (6), 637-645.
7. FS Rahimi, A Farzaneh Hesari, P Farzanegi. The Effect of Ischemic Preconditioning With Different Frequency on the Simulated Judo Protocol and Its Induced Apoptosis. Journal of Sport Biosciences .2022. 14 (3), 51-64.

8. F Rashidpour, P Farzanegi, H Abbaszadeh. The effect of exercise and vitamin B6 on the expression of COX2 and IL-1B genes in endometrial tissue of endometriosis rats. *Journal of Sports Physiology and Athletic Conditioning* .2022.6 (6), 31-40.
9. Z Ebrahimpour, A Shakibaei, P Farzanegi, MA Azarbayjani. Changes of Dehydroepiandrosterone (DHEA) and Cortisol in response to competition in female volleyball players. *Iranian Journal of Military Medicine*.2011. 13(1), 43-48.
10. M Kazemipour, H Mateenhomaie, P Farzanegi. The effect of aerobic exercise with pistachio skin extract on the expression of Bax, caspase-3 and Bcl-2 in heart tissue of fat-fed rats. *KAUMS Journal (FEYZ)* .2022.26 (5), 521-529.
11. M Rasoolian, J Banaei Borojeni, P Farzanegi. Effect of Two Types of Exercise Combined with Atorvastatin on PGC1 α and TFAM Expression of Cardiac Myositis in Elderly Rats. *Razi Journal of Medical Sciences* .2022. 29 (6), 155-168.
12. H Karami, A Farzaneh Hesari, P Farzanegi. The Effect of Two Different Intensities of Interval Training with Alpha Lipoic Acid Consumption on the Expression of mfn Gene in Heart Tissue of Rats with Hypertension. *Razi Journal of Medical Sciences* .2022. 29 (6), 188-198.
13. R Mahmudi, MA Azarbayjani, M Peeri, P Farzanegi. A review on the anti-inflammatory effect of octopamine supplementation following exercise in metabolic disorders. *Researches in Sport Sciences and Medical Plants* .2022.3 (8),12-22.
14. A Nouri, P Farzanegi, MA Azarbayjani. Effects of Resveratrol Supplementation and Exercise on Apoptosis, Lipid Profile, and Expression of Farnesoid X Receptor, Liver X Receptor and Sirtuin 1 Genes in the Liver of Type 1 Diabetic Rats. *Medical Laboratory Journal* .2022.16 (4), 39-46
15. H Alinezhad, AA Dalooi, P Farzanegi, A Abdi. Comparing the Effects of Regular Aerobic Training, Hyaluronic Acid, and Mesenchymal Stem Cells on Wnt/ β -Catenin Signaling of Cardiac Tissue in Rats with the Experimental Model of Knee Osteoarthritis. *Journal of Archives in Military Medicine*.2022. 10 (2) ,e122228.
16. Z Rezaeei, P Farzanegi, H Abbaszadeh. Evaluation of BECLINE-1 and LC3 gene expression in endometriosis rats following regular aerobic exercise and omega-3 intake. *Nurse and Physician Within War* .2022. 10 (34), 50-57.
17. A Rasouli Fooshazdeh, B Abedi, H Matinhomaei, P Farzanegi. Effects of Aerobic Exercise and Tribulus Terrestris Extract on Some Indicators of Oxidative Stress and Apoptosis in Lung Tissue of Male Rats Poisoned with Hydrogen Peroxide. *Complementary Medicine Journal* .2022.12 (1), 84-99.
18. P Kianmehr, MA Azarbayjani, M Peeri, P Farzanegi. The effects of aerobic exercise training with octopamine supplementation on cardiomyocyte apoptosis induced by deep-frying oil: The role of caspase and procaspase 3. *Clinical nutrition ESPEN*.2022. 49, 529-535.
19. A Nikpour Sardehaei, P Farzanegi, A Farzaneh Hesari. Effect of Aerobic Training and Octopamine on the Gene Expression of Mitochondrial Fission and Fusion Markers in Soleus Muscle of Male Rats Fed with Repeated Heated Oil. *Razi Journal of Medical Sciences* .2022. 29 (1), 60-69.
20. H Karami, A Farzaneh Hesari, P Farzanegi. Response of Protein Disulfide Isomerase A1 Expression of Cardiac Myocytes to High-and Moderate-Intensity Exercise Training and Alpha-Lipoic Acid in Hypertensive Rats. *Medical Laboratory Journal* .2022. 16 (2), 41-47.
21. M Kheirandish Pishkenari, P Farzanegi, L Moradi. Effect of aerobic training and octopamine on the gene expression of Drp-1 and Mfn-1 and MDA concentration in liver of male rats fed with repeated heated oil. *Razi Journal of Medical Sciences*. 2022. 28 (12), 346-355.
22. F Zanganeh, P Farzanegi, H Asgharpour. Effect of Exercise Training and Atorvastatin Supplementation on Beclin1, LC3-I and LC3-II Expression in Old Diabetic Rats. *Medical Laboratory Journal* . 2022.16 (1),40-47.

- 23.H Heidari, MA Azarbayjani, M Peeri, P Farzanegi, SA Hosseini. Health-Boosting Effects of Aerobic Exercise Training and Berberine on Diabetes: A Brief Overview. *Thrita*.2021. 10 (2) ,e119821.
- 24.A Nosratpour, P Farzanegi, R RezaeeShirazi. The effect of exercise training and injection Mesenchymal Stem Cells on gene expression of Beclin-1, Mir-155 and mTOR of articular cartilage tissue in rats model of osteoarthritis. *Razi Journal of Medical Sciences* .2021.28 (10), 102-111.
- 25.M Nematalahi, A Farzaneh hesari, P Farzanegi. TGF- β 1 response to eight weeks combined training with different orders in slow and fast twitch muscles in Wistar rats. *Razi Journal of Medical Sciences*. 2021. 28 (8) ,11-20.
- 26.H Alinezhad, A Abbassi-Daloi, P Farzanegi, A Abdi. Effect of Hyaluronic Acid Injection and Aerobic Exercise on the Expression of β -catenin and GSK-3 β Genes in Heart Tissue of Rats in the Experimental Model of Knee Osteoarthritis. 2021. *Paramedical Sciences and Military Health* 16 (2), 1-10.
- 27.T Ziaie Bigdeli, M Peeri, MA Azarbayjani, P Farzanegi. Synergic effects of endurance training and octopamine on oxidative stress in the cerebellum of male rats treated with deep frying oils. *Razi Journal of Medical Sciences*. 2021. 28 (4), 125-134.
- 28.S Rahmati-Ahmadabad, MA Azarbayjani, P Farzanegi, L Moradi. High-intensity interval training has a greater effect on reverse cholesterol transport elements compared with moderate-intensity continuous training in obese male rats. *European journal of preventive cardiology*.2021. 28 (7), 692-701.
- 29.M Alinejad, A Barari, AA Daloi, P Farzanegi. Effect of Endurance Training and Stem Cell on Fgf2 and Mmp13 Gene Expression in Knee Tissue of Rats with Osteoarthritis. *Journal of Shahid Sadoughi University of Medical Sciences*.2021. 29 (3) ,3599-3610.
- 30.SH Rasouli, P Farzanegi, H Abbaszadeh. The effect of aerobic training and hyaluronic acid on expression of MYOD and MURF-1 genes in experimental arthritis model rats. *Razi Journal of Medical Sciences*.2021. 28 (3), 48-58.
- 31.G Masodzade, A Barari, P Farzanegi. Comparing the Effect of High and Moderate Intensity Exercise Trainings and Resveratrol Supplementation on FGF-21 and Cytokeratin-18 in Rats with Nonalcoholic Fatty Liver Disease. *Journal of Mazandaran University of Medical Sciences*.2021. 31 (197), 1-11.
- 32.S Ghasemian Langrodi, P Farzanegi, L Moradi. The effect of swimming training and vitamin B6 intake on ALDH1A2 gene expression in endometriosis rat. *Razi Journal of Medical Sciences*.2021. 28 (3), 152-162.
- 33.P Farzanegi, M Zamani, A Khalili, H Deghani, R Fotohi, et al.Effects of upper-and lower-extremity resistance training on serum vascular endothelial growth factor, myostatin, endostatin and follistatin levels in sedentary male students *Science & Sports*.2021. 36 (2), 139. e1-139.
- 34.L Abdizadeh, MA Azarbayjani, P Farzanegi. The effect of aerobic exercise, mesenchymal stem cells (MSCs) and ozone therapy on anxiety and depression like behaviors caused by induction of osteoarthritis in rats. *Razi Journal of Medical Sciences*.2021. 28 (1), 12-22.
- 35.B Biniaz, H abaszadeh, P farzanegi. Effect of Glucosamine Sulfate Alone and Combined with Moderate Intensity Exercise on Serum Levels of CS 846 Epitope and Cartilage Oligomeric Matrix Protein in a Rat Model of Osteoarthritis.*Medical Laboratory Journal*.2021. 15 (2), 35-41.
- 36.G Masodzade, A Barari, A Abbassi-Daloi, P Farzanegi. Effect of High and Moderate Aerobic Exercise on Serum Fibroblast-21 Growth Factor and Paraoxonase-1 Enzyme Activity in rat with Non-Alcohol-Fatty Liver *Journal of Sabzevar University of Medical Sciences* .2021. 27 (6), 818-824.
- 37.S Koochaki, H Abbaszadeh, P Farzanegi. Evaluation of SIRT1 and PGC-1 α , gene expression in testicular tissue of azoospermic rats treated with busulfan after a period of swimming training. *Journal of Nurse and Physician Within War*.2021. 9(32), 64-73.
- 38.H Alinezhad, A Abbassi-Daloi, P Farzanegi, A Abdi. Response of Cardiac Tissue β -catenin and GSK-3 β to Aerobic Training and Hyaluronic Acid in Knee OA Model Rats. *Medical Laboratory Journal* .2021.15 (1),45-53.

- 39.M Jahani, H Matinhomae, P Farzanegi. Effect Of Continuous And Interval Exercise On The Necroptosis And Apoptosis Of Endoplasmic Reticulum Proteins In The Heart Of Diabetic Wistar Rats. Journal of Ilam University of Medical Sciences 2020, 28(5), 53-63.
- 40.H Alinezhad, A Abbassi-Daloi, P Farzanegi, A Abdi. The Effect of Mesenchymal Stem Cell and Aerobic Exercise on the Expression of β -catenin and GSK-3 β Genes in Heart Tissue of Rats in the Experimental Model of Knee Osteoarthritis. Paramedical Sciences and Military Health .2020.15 (3), 8-19.
- 41.M Alinejad, A Barari, A Abbassi-Daloi, P Farzanegi. Effect of endurance training and glucosamine consumption on gene expression of IGF-1 and IGFBP-3 in knee tissue of mice with acuteosteoarthritis. Journal of Gorgan University of Medical Sciences.2020. 22 (3), 73-82.
- 42.S Ghorbani, R Rezaeeshirazi, M Shakki, S Noohpisheh, P Farzanegi. The role of BMI, physical activity and the use of electronic device in the status of trunk abnormalities in male adolescents. Journal of Gorgan University of Medical Sciences.2020. 22 (3), 129-136.
- 43.F Shahidian Akbar, P Farzanegi, H Abbaszadeh. Effect of a period of swimming exercise and vitamin E intake on catalase and superoxide dismutase activity, and malondialdehyde levels in ovarian tissue of endometriosis model rats. The Iranian Journal of Obstetrics, Gynecology and Infertility.2020. 23 (9), 43-51.
- 44.M kheirandish Pishkenari , P Farzanegi, L Moradi . Effect of aerobic training and octopamine on the gene expression of LAMP2A, Parkin and concentration OF SOD in liver of male rats fed with repeated heated oil. Razi Journal of Medical Sciences. 2021; 28 (2) ,1-10.
- 45.K Eydivandi, MA Azarbayjani, P Farzanegi. The Effect of High Intensity Interval Training (HIIT) and Crocin Consumption on Doxorubicin-Induced Apoptotic Indices in the Muscle Tissue of Rats. Gene, Cell and Tissue.2020. 7 (4), e108227.
- 46.A Rasolifoshazeh, B Abedi, H Matinhomae, P Farzanegi. The Effect of Aerobic Training and Tribulus terrestris Extract on Some Oxidative Stress Indices in the Heart Tissue of Male Wistar Rats Poisoned with Hydrogen Peroxide. Gene, Cell and Tissue.2020. 7 (4), e103794.
- 47.K Niknam, A Barari, A Abdi, P Farzanegi. The Effect of Endurance Training and Ozone Therapy on the Expression of
- 48.L Zohrabi Karani, P Farzanegi, MA Azarbayjani. The Effect of 8-Weeks of Low-Intensity Swimming Training on Promyelocytic Leukemia Zinc Finger Protein and Spermatid Transition Nuclear Protein Gene Expression in Azoospermic Rats Model. Internal Medicine Today.2020. 26 (4), 332-347.
- 49.L Zohrabi Karani, P Farzanegi, MA Azarbayjani. Effect of a period aerobic training with low-power laser on expression of PLZF and TekT1 genes in azoospermia rats. Razi Journal of Medical Sciences.2020. 27 (6), 49-60.
- 50.P Farzanegi, H Abbaszadeh, F Farokhi, S Rahmati-Ahmadabad, et al. Attenuated renal and hepatic cells apoptosis f
- 51.A Salehi, P Farzanegi, H Abbaszadeh. The effect of interval and continuous training with resveratrol on the selected oxidative markers of heart tissue in type 2 diabetic rats. Razi Journal of Medical Sciences 2020.27 (5), 108-118.
- 52.M Rahimi, MA Azarbayjani, M Peeri, P Farzanegi. Vitamin D and Training Modulates Gene Expression of TLR4 and NFkB in Lung Tissue of Obese Rats in an Experimental Study. Iranian journal of diabetes and obesity. 2020, 12(1), 30-36.
- 53.S Vakili, F Ghasemi, S Rahmati-Ahmadabad, H Amini, R Iraj, T Seifbarghi, P Farzanegi, MA Azarbayjani . Effects of vibration therapy and vitamin D supplement on eccentric exercise-induced delayed onset muscle soreness in female students. Comparative Exercise Physiology .2020.16 (4), 267-275.

- 54.P Kianmehr, MA Azarbayjani, M Peeri, P Farzanegi. Synergic effects of exercise training and octopamine on peroxisome proliferator-activated receptor-gamma coactivator-1a and uncoupling protein 1 mRNA in heart tissue of rat treated with deep frying oil . Biochemistry and biophysics reports.2020. 22, 100735.
- 55.B Moradi-Kelardeh, S Rahmati-Ahmadabad, P Farzanegi, M Helalizadeh, MA Azarbayjani. Effects of non-linear resistance training and curcumin supplementation on the liver biochemical markers levels and structure in older women with non-alcoholic fatty liver disease. Journal of Bodywork and Movement Therapies .2020. 24 (3), 154-160.
- 56.M Tajik, MA Azarbayjani, M Peeri, P Farzanegi . Effects of Endurance Training, Hyaluronic Acid and Stem Cell Treatments on the Quadriceps Muscle Fiber Count: Study on the Knee Osteoarthritis Rats. Thrita .2020. 9 (1),e105820.
- 57.B Esmaili, A Abdi, A Abbassi-Daloi, P Farzanegi. The effect of aerobic exercise along with resveratrol supplementation on myocardial AMPK and MAFbx gene expression of diabetic rats. Journal of Birjand University of Medical Sciences.2020. 27 (2), 150-160.
- 58.Z Haddadpour, H Abbaszadeh, P Farzanegi. Effect of Three Therapeutic Methods of Exercise, Ozone, and Stem Cells on the MEF2C Expression and Myostatin Levels in Femoral Muscle Tissue of the Osteoarthritis Rats. Internal Medicine Today.2020. 26 (3), 260-275.
- 59.S Asadi, P Farzanegi, MA Azarbayjani. Combined therapies with exercise, ozone and mesenchymal stem cells improve the expression of *HIF1* and *SOX9* in the cartilage tissue of rats with knee osteoarthritis Physiology International.2020. 107 (2), 231-242.
- 60.F Shahidian Akbar, P Farzanegi, H Abbaszadeh. Evaluation of ESR and IGFBP1 genes of ovarian tissue of endometriosis model mice after a period of regular exercise and vitamin E intake. Razi Journal of Medical Sciences.2020. 27 (3), 38-48.
- 61.J Mahtabi Alamdari, H Matinhomaie, P Farzanegi. The effect of continuous training on rate of Caspase3, BAX and BCL-2 proteins in vascular of induced poisoning induced by different doses of hydrogen peroxide.Studies in Medical Sciences.2020. 31 (3), 158-168.
- 62.SA Hosseini, OR Salehi, P Farzanegi, F Farkhaie, AR Darvishpour, et al.Interactive effects of endurance training and royal jelly consumption on motor balance and pain threshold in animal model of the alzheimer disease. Archives of Neuroscience.2020. 7 (2),e91857.
- 63.A Fakourian, H Matinhomaie, MA Azarbayjani, P Farzanegi. The Effect of Aerobic Training and L-Carnitine on BCL2 and Mitochondrial Enzymes of Rat's Kidney. Iranian journal of diabetes and obesity.2019.11(2),145-151.
- 64.M Jahani, H Matinhomaie, P Farzanegi. Changes Of Perk And Chop Proteins In Endoplasmic Reticulum Of Cardiac Myocytes And Tnf In Diabetic Wistar Rats Following Continuous And Interval Exercise. Iranian Journal of Diabetes and Metabolism.2020. 19 (4), 195-204.
- 65.T Heydarzade, H Abbaszadeh, P Farzanegi. The effect of moderate intensity aerobic training and stem cell injection on Dkk-1 and Sclerostin levels in a model of Osteoarthritis rats. Razi Journal of Medical Sciences .2020.27 (1), 17-25.
- 66.H Delroz, A Abdi, A Barari, P Farzanegi. The effect of eight weeks of aerobic training combined with resveratrol on MFN1 and MFN2 expression in cardiac myocytes in a Non-alcoholic fatty liver animal model. Complementary Medicine Journal.2020. 9 (4), 3878-3889.
- 67.F Dehghanipour, A Barari, A Abdi, P Farzanegi. Effects of Aerobic Exercise and Resveratrol Supplementation on Plasma Level and Liver Expression of Activin A and Follistatin in a Rats with Nonalcoholic Fatty liver Disease. Medical Laboratory Journal.2020. 14 (2),36-41.
- 68.J Jalilian, N Behpour, S Hosseini Poor Delavar, P Farzanegi .The study of the effect of the aerobic training together with stem cells on the levels of some of the apoptosis indices of the heart tissue of the male Wistar rats of Osteoarthritis Model . Jundishapur Scientific Medical Journal.2020. 18 (6), 585-602.

- 69.M Rezaee, R Hajiaghaee, K Azizbeigi, S Rahmati-Ahmadabad, M Helalizadeh, M Akbari, P Farzanegi, MA Azarbayjani. Effects of Training and Octopamine Supplementation on Expression of M1 and M2 Monocyte/Macrophage Surface Markers in White Adipose Tissue of Rats Poisoned with Deep-Fried Oil. *Gene, Cell and Tissue*.2020. 7 (1), e100036.
- 70.R Mahmudi, MA Azarbayjani, M Peeri, P Farzanegi. Effects of Training and Octopamine Supplementation on Expression of M1 and M2 Monocyte/Macrophage Surface Markers in White Adipose Tissue of Rats Poisoned with Deep-Fried Oil. *Gene, Cell and Tissue*.2020. 7 (1), e100036.
- 71.H Mahdian, P Farzanegi, A Farzaneh Hesari . Effect of resveratrol supplementation and interval exercise on heart cells apoptosis in male rats with non-alcoholic fatty liver .*Journal of Gorgan University of Medical Sciences*.2020. 21 (4), 39-46.
- 72.S Oladazimi, P Farzanegi, MA Azarbayejani. Evaluation of ALK5 and MMP13 Expression in the Cartilage Tissue of Rats with Osteoarthritis Rats and Effects of Exercise Training, Ozone and Mesenchymal Stem Cell Therapies on Expression of these Genes. *Medical Laboratory Journal* .2020.14 (1),50-56.
- 73.N Gelardi, P Farzanegi, H Abasszadeh. Exploring The Effect Of Broccoli On Some Cardiovascular Risk Factors And Insulin Resistance With Combined Aerobic-Resistance Exercise Training In Men With Type 2 Diabetes. *Journal of Jiroft University of Medical Sciences* .2020.7 (1), 292-301.
- 74.S Rezaei, P Farzanegi, MA Azarbayjani. Role of Endothelial progenitor cells in angiogenesis with the approach of physical activity. *Journal of neyshabur university of medical sciences*.2020. 8 (227), 1-17.
- 75.M Farhadi, H Matinhomae, P Farzanegi. The effect of six months' resistance training and ginger extract on lipid profiles, body composition and selected liver enzymes in obese menopausal women. *Journal of neyshabur university of medical sciences*.2020. 8 (227), 59-71.
- 76.A Nosratpour, P Farzanegi, R Rezaeeshirazi. The Comparison Of The Effect Of An Aerobic Training Period And Ozone Therapy On Gene Expression Of Beclin-1, Ampk And Mtor Of Articular Cartilage Tissue In Rats Model Of osteoarthritis. *Journal of neyshabur university of medical sciences*. 2020. 8 (429), 124-135.
- 77.K Niknam, A Barari, A Abdi, P Farzanegi. Effect of Endurance Training and Stem Cell Injection on PDGF and PDGFr Gene Expression in Knee Tissue of Rats with Knee Osteoarthritis. *Journal of Fasa University of Medical Sciences*.10 (2), 2317-2327.
- 78.H Heidari, MA Azarbayjani, M Peeri, P Farzanegi, SA Hosseini. Effect of 4-weeks Endurance Training and Berberine on Glycemic Index and Inflammation in Diabetic Rats. *Iranian journal of diabetes and obesity*.2020. 12(4): 226-232.
- 79.B Biniiaz, H Abbaszadeh, P Farzanegi. Effect of stem cells and glucosamine on expression of BSP11 gene and CPII levels in cartilage tissue of arthritis rats exposed to weight bearing exercise. *Razi Journal of Medical Sciences*.2020. 27 (4), 49-59.
- 80.M Rahimy, MA Azarbayjani, M Peeri, P Farzanegi. Effects of aerobic training and vitamin D on HSP70 gene expression in lung tissue of rats exposed to hydrogen peroxide. *Razi J Med Sci*. 2020;26(12):149-155.
- 81.J Jalilian, N Behpoor, S Hosseinpour delavar, P Farzanegi. Effect of Aerobic Training in Combination with Stem Cells on Inflammatory Biomarker Levels in the Heart Tissue of Rat Model of Osteoarthritis. *Journal of Ilam University of Medical Sciences*. 2020; 28 (1) :12-26.
- 82.F Jafari Amoli, SA Hosseini, MA Azarbayjani, P Farzanegi Arkhazloo .The Anti-inflammatory Effects of Aerobic Training and Octopamine Consumption in the Heart Tissue of Rats Fed Deep-Fried Oil. *Jorjani Biomedicine Journal*.2019. 7 (4), 11-19.
- 83.A Salehi, H Abbaszadeh, P Farzanegi. The Effect of Periodic Exercise and Resveratrol Supplementation on the Expression of Pparg Coactivator-1 Alpha and Pyruvate Dehydrogenase Kinase Genes in Gastrocnemius Muscle of Old Rats With Type 2 Diabetes .*Internal Medicine Today*.2019. 26 (1), 68-81.
- 84.A Fakourian, H Matinhomae, MA Azarbayjani, P Farzanegi. Effect of aerobic training and l-carnitine consumption on some oxidative stress factors in diabetic rat kidney *Armaghane Danesh*.2019. 24 (3), 293-305.
- 85.A Salehi, H Abbaszadeh, P Farzanegi. Effect of Eight Weeks of Continuous Exercise and Resveratrol Supplementation on Insulin Resistance and Pyruvate Dehydrogenase Kinase 4 (PDK4) Expression in the Soleus Muscle of of Old Rats With Type 2 Diabetes .*Medical Laboratory Journal* .2019. 26(1): 68-81.

- 86.A Hajighasem, P Farzanegi, Z Mazaheri. Effects of combined therapy with resveratrol, continuous and interval exercises on apoptosis, oxidative stress, and inflammatory biomarkers in the liver of old rats with non non-alcoholic fatty liver disease. Archives of physiology and biochemistry.2019. 125 (2), 142-149.
- 87.B Samadi, P Farzanegi, Z Madani. Cardiac Rehabilitation Program and Vitamin D Supplement on NO, ET1, VEGF, Anxiety, and Depression Levels in Cardiac Patients after Coronary Artery Bypass Grafting. Journal of Mazandaran University of Medical Sciences.2019. 28 (169), 52-64.
- 88.P Farzanegi, M Asadi, A Abdi, M Etemadian, M Amani, V Amrollah, et al. Swimming exercise in combination with garlic extract administration as a therapy against doxorubicin-induced hepatic, heart and renal toxicity to rats. Toxin Reviews.2019.39(4), 434-443.
- 89.M Abbaszadeh, H Matinhomae, P Farzanegi. The Effect Of Anabolic Steroid Boldenone, Endurance And Resistance Training On Testicular Tissue Damage In Wistar Rats .Journal of Neyshabur University of Medical Sciences.2019.7 (122), 144-156.
- 90.A Salehi, P Farzanegi, H Abbaszadeh. The Effect Of Interval And Continuous Training With Resveratrol On Some Of The Oxidative Stress Markers Of Heart Tissue In Streptozotocin-Induced Diabetic Rats . Journal of Neyshabur University of Medical Sciences.2019. 7 (122), 112-121.
- 91.B Esmalee, A Abdi, P Farzanegi, A Abbassi Dalooi. Protective Effect of Aerobic Training along with Resveratrol on the Expression of some Atrophic Biomarkers of Cardiomyocytes in Diabetic rats. Journal of Neyshabur University of Medical Sciences.2019. 7 (324), 27-37.
- 92.S Ghasemian Langharodi, P Farzanegi, L Moradi. The effect of swimming training and vitamin B6 intake on GATA2 gene expression in endometriosis rat. Journal of Ardabil University of Medical Sciences .2019. 19 (3), 354-365.
- 93.H Delroz, A Abdi, A Barari, P Farzanegi. Protective Effect of Aerobic Training along with Resveratrol on Mitochondrial Dynamics of Cardiac Myocytes in Animal Model of Non-alcoholic Fatty Liver Disease. Journal of Ardabil University of Medical Sciences 19 (3), 272-283.
- 94.A Hajighasem, P Farzanegi, Z Mazaheri. Effects of combined therapy with resveratrol, continuous and interval exercises on apoptosis and lipid profiles in the liver of rats with nonalcoholic fatty liver disease. Koomesh .2019.21 (375), 540-548.
- 95.S Keymaram, P Farzanegi, L Azadbakht, H Alinejad. The Relationship Between Dietary Diversity with General and Abdominal Obesity in Female Amateur Athletes of Mazandaran University of Medical Sciences. Hormozgan Medical Journal.2018. 22 (3), e87320-e87320.
- 96.J Mahtabi Alamdari, H Matinhomaei, P Farzanegi .The Effects of Vitamin D and Continuous Training on Apoptosis Markers in Aorta Tissue of Rats Exposed to Hydrogen Peroxide (H₂O₂). Sport Physiology. 2018.10(40), 163-178.
- 97.B Yazdanparast Chaharmahali, MA Azarbayjani, M Peeri, P Farzanegi. Increased Expression of Bax and Bcl2 Apoptosis Biomarkers in the Heart of Old Female Rats After Interval Training and Curcumin Consumption. Jorjani Biomed J 2018; 6 (4) ,40-52.
- 98.B Vanaky, N Shakeri, HA Nikbakht, P Farzanegi. The effect of 6 weeks swimming and consumption of Zingiber officinale Roscoe extract on some inflammatory and anti-inflammatory factors in heart tissue of mice induced by breast cancer. Journal of Medicinal Plants.2018. 17 (68), 32-40.
- 99.H Mahdian, P Farzanegi, A Farzaneh-Hessari . The effect of combined therapy with resveratrol, and continuous and interval exercises on levels of apoptotic biomarkers in heart tissue of male rats with non-alcoholic fatty liver. KAUMS Journal (FEYZ).2018. 22 (5), 469-477.
- 100.E Vizvari, P Farzanegi, H Abbas Zade Sourati. Effect of vigorous aerobic training on serum levels of some inhibitory and excitatory factors of angiogenesis in Women with type 2 diabetes. Pathobiology Research .2018.21 (3), 125-131.
- 101.SA Hosseini, S Norouzi, N Rafiee, P Farzanegi, OR Salehi, F Farkhaie .Interactive effects of endurance training and crocin on aerobic capacity, dietary intake and weight of high-fat diet-induced type 2 diabetic rats .Journal of Nutritional Sciences and Dietetics. 2018. 65-74.
- 102.P Farzanegi, M Habibian, M Tahramuzi, M Keshvari. The Effects of aerobic training on Apelinergic system of heart tissue in aged rats. Medical Journal of Tabriz University of Medical Sciences.2018. 40 (4), 53-59.

- 103.S Rezaei, H Matinhomae , MA Azarbayjani, P Farzanegi . Effect of interval training intensity on gene expression of endothelial progenitor cells and cardiac stem cells in aged rats. Scientific Journal Of Ilam University Of Medical Sciences.2018. 26 (3), 27-37.
- 104.A Hajighasem, P Farzanegi, Z Mazaheri, GH Salehi , M Naghizadeh. Effects of resveratrol, exercises and their combination on Farnesoid X receptor, Liver X receptor and Sirtuin 1 gene expression and apoptosis in the liver of elderly rats with nonalcoholic fatty liver. PeerJ. 2018. 6,e5522.
- 105.P Farzanegi, M Tahramozi. Effect of two aerobic exercise on levels of apelin and its receptor in the old rats heart tissue with chronic kidney disease. Journal of Sabzevar University of Medical Sciences.2018. 25 (3), 327-333.
- 106.A Dehghan, P Farzanegi, H Abbaszadeh. Effects of Exercises on IL-6 and GLUT4 Expression in Diabetic Rats. Research in Molecular Medicine.2018. 6 (2), 36-45.
- 107.B Vanaky, N Shakeri, HA Nikbakht, P Farzanegi. Effect of six weeks of swimming training on malondialdehyde and superoxide dismutase levels in the heart tissue of mice with breast cancer. Medical Laboratory Journal.2018. 12 (3), 24-29.
- 108.M Sahafian, P Farzanegi, H Abbaszadeh, E Vizvari. Effect of caffeine and genistein supplement on cardiac levels of nitric oxide and vascular endothelial growth factor in wistar rats, following an acute swimming exercise. Pathobiology Research .2018.21 (1), 23-28.
- 109.O Yaghoobpour Yekani, MA Azarbayjani, M Peeri, P Farzanegi. The effect of aerobic training on anthropometric indices of obesity in male rats fed with high fat diet. Medical Science Journal of Islamic Azad Univesity-Tehran Medical Branch.2018.28(1), 31-36.
- 110.S Sujodi, M Peeri, P Farzanegi, M Delfan. Effect of 6 weeks of resistance exercise preconditioning on mitochondrial dynamics in cardiac tissue of diabetic rats. Journal of Sport and Biomotor Sciences .2018.19 (19), 19-28.
- 111.E Vizvari, P Farzanegi, HA Zade Sourati. Effect of Vigorous Aerobic Exercise on Serum Levels of SIRT1, FGF₂₁ and Fetuin A in Women with Type II Diabetes. Medical Laboratory Journal.2018.12 (2),1-6.
- 112.A Abdi, P Farzanegi, H Abaszade, M Habibi. Effect of 8 weeks aerobic training with cinnamon extract on retinol binding protein 4 (RBP4) and insulin resistance in rats fed with high-fructose. J Neyshabur Univ Med Sci .2018.5 (4), 52-61.
- 113.O Yaghoobpour Yekani, MA Azarbayjani, M Peeri, P Farzanegi. Effect of type of training on markers of hepatocyte apoptosis in rats fed with high fat diet. Yafteh.2018. 19 (5), 106-116.
- 114.P Farzanegi, H Abbaszadeh, A Abbassi Dalooi, M Kazemi, M Sabbaghian .Effects of aerobic exercise on histopathology and toxicology of ZnO and nano ZnO in male rats .Toxicological & Environmental Chemistry.2018. 100 (1), 103-114.
- 115.H Abbaszadeh, P Farzanegi. Detraining effects after sixteen weeks aerobic exercise on serum levels of Calcitonin and Parathyroid hormones in middle-aged women with osteopenia .Medical Journal of Mashhad University of Medical Sciences. 2018. 61 (3), 997-1006.
- 116.S Asadi, P Farzanegi, MA Azarbayjani . Effect of exercise, ozone and mesenchymal stem cells therapies on the ex
- 117.P Farzanegi .The effect of regular swim training with two different time periods on serum levels of NO, VEGF, and TGF- β 1 in diabetic male rats .Pathobiology Research.2017.20 (2), 37-48
- 118.Z Ebrahimpur, M Peeri , H Matinhomae, P Farzanegi. Effects of exercise preconditioning on the levels of interleukin-6 and 10 of Myocardial in mice with breast cancer. Ebnesina .2017.19 (2), 4-11.
- 119.F Shayesteh Rad, P Farzanegi, M Habibian, H Alinejad. The effect of regular swimming training and garlic extract on apoptosis of liver cells in doxorubicin-induced aging rat. Daneshvar Medicine.2017. 25 (2), 65-74.
- 120.M Najar-Shams, P Farzanegi. Effect of Regular Aerobic Training and Garlic Extract Consumption on Plasma NO
- 121.Z Razavimajd, H Matinhomae, MA Azarbayjani, P Farzanegi. The effect of regular aerobic exercise with garlic
- 122.Z Razavimajd, H Matinhomae, MA Azarbayjani, P Farzanegi. Effects of concurrent regular aerobic training and

- 123.M Habibian, P Farzanegi, B Asadi. The effect of regular aerobic exercise along with vitamin C consumption on h
- 124.F Habibzadeh Bizhani, M Habibian, P Farzanegi. Effect of 8 weeks aerobic exercise and vitamin C on liver trans
- 125.R Jahangiri, P Farzanegi, M Habibian . The effect of aerobic training and arbotin on cardiac nitric oxide, tumor necrosis factor alpha, and vascular endothelial growth factor in male diabetic rats. Qom University of Medical Sciences Journal.2017. 11 (5),54-62.
- 126.F Dehghan, R Soori, K Gholami, M Abolmaesoomi, A Yusof, S Muniandy,S Heidarzadeh, P Farzanegi, MA Aza
- 127.M Habibian, H Khosravi, P Farzanegi. The Effects of 8 Weeks of Vitamin C Intake and Regular Aerobic Exercis
- 128.M Habibian, MR Saghafi, P Farzanegi. The Effect of Regular Swimming Exercise on the Levels of Renal Matrix Mettaloproteinase-2 and Transforming Growth Factor- β 1 in Rats with Diabetes. Journal of Kerman University of Medical Sciences.2016. 23 (4), 446-456.
- 129.S Ziadloo, P Farzanegi, M Habibian. Simultaneous Effect of Resistance Training and Portulace Oleraceal Supplementation on Some Biochemical Markers of Bone Dynamics in Women with Type II Diabetes.Medical Laboratory Journal.2016. 10 (3),21-27.
- 130.AR Barari, M Mojhde, P Farzanegi, M Ghasemi. Effect of six weeks of endurance training and Aloe Vera on CO
- 131.M Habibian, SJ Moosavi, P Farzanegi. Regular exercise combined with curcumin supplementation: protective ef
- 132.P Farzanegi, M Habibian, H Alinejad. The combined effect of regular aerobic exercise with garlic extract on rena
- 133.P Farzanegi, M Samiee, Z Sabbaghian. Interactive effect of regular aerobic training and milk consumption on sor
- 134.SJ Moosavi ,M Habibian, P Farzanegi .The effect of regular aerobic exercise on plasma levels of 25-hydroxy Vita
- 135.M Habibian, P Farzanegi, SM Sadat Tabar Bisheh. The Combined Effects of Pilates Training and Apium Graveol
- 136.TA Mahdirejei, M Razi, A Barari, P Farzanegi, HA Mahdirejei, Z Shahrestani, M Ahmadi. A comparative study
- 137.P Farzanegi, M Habibian, SM Anvari. Effect of swimming training and arbutin supplement on cardiac antioxi
- 138.M Vahedi, P Farzanegi. The Effect of eight weeks of resistance training with Purslane supplementation on Cys C.
- 139.P Farzanegi, M Kazemi, A Barari. The effect of regular exercise and celery supplementation on hip and lumbar sp
- 140.M Zolfalipor, P Farzanegi, M Habibian. Combined Effect of Swimming Training and Arbutin Supplementation o
- 141.P Farzanegi, MA Azarbayjani, MJ Rasaee ,Stannard SR. Responses of cytokines to influenza vaccination in elite
- 142.M Habibian, P Farzanegi, M Khakpour. The effect of circuit resistance training and medicago sativa supplement c
- 143.M Shojae, Farzanegi, P, M Habibian. Effect of Regular Aerobic Training and Arbutin on Cardiac Total Oxidant
- 144.F Seidanloo, P Farzanegi. Changes in Matrix Metallo-proteinases 2, 9 and Tissue Inhibitor of Matrix Metallopro
- 145.I Layali, E Tahmasbpour,M Joulaei, SG Jorsaraei, P Farzanegi .Total antioxidant capacity and lipid peroxidation
- 146.A Salehi, P Farzanegi. Effect of 8 weeks of resistance training with and without portulacalo seeds on some of live
- 147.A Barari, J Bashiri, P Farzanegi, V Fayyaziniya . The effect of endurance and circuit resistance training on serum
- 148.P Farzanegi, F Shokrian. Interactive effect of aerobic training with portulaca seeds on levels of MMP-1, MMP-3
- 149.P Farzanegi, M Shaerani, MA Azarbaijani. Protective effects of purslane seed (Portulaca Oleracea L.) on plasma
- 150.M Habibian, P Farzanegi, GH Azimi. Therapeutic effect of swimming training and arbutin supplement on diabete
- 151.P Farzanegi, A Ghanbari-Niaki, A Mohseni, M Haghayeghi. Pistacia Atlantica Extract Enhances Exercise-Mediat
- 152.P Farzanegi, E Amanzadeh.Effect of aerobic exercise on Endothelin-1, C-Reactive Protein and nitric oxide in hyp
- 153.P Farzanegi. Impact of the Synchronization of Portulaca oleracea and aerobic training on levels of MMP2 and M
- 154.M Fakoori Jouibari, P Farzanegi, AR Barari. The effect of 8-week aerobic exercise with purslane supplementatio
- 155.P Farzanegi, Z Pour Amin, M Habibian. Changes of Liver Trans-Aminases after a Period of Selected Aerobic Tr
156. P Farzanegi, M Habibian, H Delavari. The effect of aerobic exercise on the levels of vascular endothelial growth
- 157.M Asadi, P Farzanegi . Interactive effects of eight weeks massage therapy along with Apium graveolens seed co
158. P Farzanegi, M Habibian, A Kaftari. Effect of 6-weeks aerobic exercise training on oxidative stress and enzymat
- 159.P Farzanegi, M Mousavi, A Ghanbari-Niaki. Effect of Pistacia atlantica extract on glutathione peroxidase tissue
- 160.P Farzaneg, M Habibian, M Fazeli, SJ Moosavi. Effect of Aerobic training on markers of endothelial function in
- 161.P Farzanegi, A Akbari, MA Azarbayjani. Effect of Portulaca oleracea Seeds on the Levels of Matrix Metalloprot

- 162.F Moslehi, P Farzanegi, SJ Mousavi. The effect of aerobic training along with milk supplement on GLUT4, gluc
- 163.P Farzanegi, M Mohammad Zadeh, MA Azarbayjani. Interactive effect of exercise training with ω -3 supplement
164. P Farzanegi, M Habibian, M Salehi . Interactive effect of endurance training and curcumin supplementation on
- 165.P Farzanegi, S Saberi, A Fakharian, MJ Rasaee, V Dabidi .Combined effects of Curcuma longa and exercise train
- 166.P Farzanegi, N Mohammdi Rish Sefid, M Habibian, H Jafari. The effects of omega-3 on oxidative stress in elite
- 167.P Farzanegi, M Abdi, A Ghanbari-Niaki, R Fathi, M Hedayati. Interactive effect of endurance exercise and crude
- 168.P Farzanegi, MA Azarbayjani, Z Ebrahimpour. Effect of competition stress on salivary dehydroepiandrosteron

Technical Report:

1. Designing questions for the comprehensive exams of the doctorate degree (PHD) in field of sports physiology in M
2. Specialized lecturer of Techniques of working with laboratory animals in Sari branch and Islamic azad university.

Research Interest

Creating a variety of animal models (Types of disease modeling) in rats, Interaction Nutrition and Medicinal Plants to

Research Projects

- 1.Parvin Farzanegi.The effect of a regular aerobic training session with two different durati
- 2.Parvin Farzanegi.The effect of a period of aerobic and resistan
- 3.Hajar Abbaszadeh, Parvin Farzanegi.The effect of a non-training period
- Branch, Islamic Azad University .13/11/2016 to 04/03/2019.
4. Parvin Farzanegi, Mohammad Javad Rasaeei.The effect of eight weeks of selected gymnastics exercises on the conc
5. Parvin Farzanegi .The interactive effect of a period of aerobic training with arbutin consumption on the concentrati
6. Parvin Farzanegi .The effect of a course of aerobic and resistance training on the resting levels of fibroblast growth

Awards

- 1.The Top Researcher of Mazandaran Province Azad University in the Department of Humanities 2019 .
- 2.The Top Researcher of Islamic Azad University Sari Branch in 2009 and 2014 .
3. Appointed as Prominent Professor of Islamic Azad University Sari Branch in 2009 and 2016.
- 4.Elected as Prominent Woman in Mazandaran Province in 2010.
- 5.Received a certificate of appreciation from Farhangian University of Golestan province 2019.
- 6.Received a certificate of appreciation from Iran Research Center of Physical Education and Sports Sciences 2015.
- 7.Approval and receipt of 178,500,000 IRR for the research grant of Islamic Azad University, Sari branch in 2015.

Professional Affiliations

- Member of the presidium of Mazandaran Province Universities Gymnastics Association(6/2023)
- Gymnastics Teacher Trainer . Sari, Mazandaran (2004 – Now).
- Vice- Chairperson of Women Affairs of Mazandaran Province Wrestling Board(2020-2022).
- In Charge of Education and Research Committee of Wrestling Board of Mazandaran Province (2021-2022).

- Membership in Board of Directors of Sports Medical Committee ,Sari, Mazandaran (2010, 2016).
- Member of Research and Studies Committee of General Department of Physical Education of Mazandaran Province.
- Member of the WASET Scientific and Technical Committee & Editorial Review Board on Sport and Health Sciences.
- Scientific Secretary and Faculty Member and Referees Committee The First National Conference on Sports Sciences and Physical Education in Iran. 1 Jul 2015.
- Scientific Secretary of Second National Conference on Sports Sciences and Physical Education in Iran. 7 May 2016.
- Member of the Scientific Committee in The First National Conference of Technological of Physical Education and Sports Sciences.
- Faculty Member of National Conference of New Academic Achievement in Physical Education and Sports Sciences.
- Member of the Academic Committee of National Conference of Physical Education Management, 21Dec 2010, Saman.
- Member of Board of Directors of Sport Physiology in National Conference of Physical Education and Sports Sciences . 26 -27 March 2012, Islamic Azad University, Taft Branch.
- Member of the Scientific Committee in the Fourth National Conference of New Achievements in Sports Sciences . 13 May 2013, Islamic Azad University, Taft Branch.
- Member of the Academic Committee and Examiner in Third National Conference of New Finding in Sports Sciences . 14 May 2013, Islamic Azad University, Taft Branch.
- Member of the scientific Committee of National Conference of Physical Education and Sports Sciences . May 2013, Islamic Azad University, Taft Branch.
- The Examiner of Research Project titled Study Acquittance of Athletes, Trainers and Sport Legal Issues in Mazandaran.
- The Examiner of research project titled The effect of 8-Weeks Cardiac Rehabilitation Exercise on PPAR-alpha Gene Expression in Rats.
- The Examiner of a Research Project titled Comparing Effects of Three Resistance, Strength and Concurrent Exercise on Blood Pressure in Rats.
- The Examiner of a Research Project titled Determining the Effect of Resistance, Strength and Parallel Exercises on Visfatin in Obese Rats.
- The Examiner of Research Project titled Supplementation Effect of Magnolia Crude Extract on Liver IL-6, TAC and Glycogen Concentration in Rats.
- The Examiner of a Research Project titled The Acute Effect of Aerobic Exercise on Liver IL-6, TAC and Glycogen Concentration in Rats. (Gilan, Mazandaran), 08/2012.
- The Examiner of Research Project titled Impact of 8-Week Interval Exercise and Traking Cider Vinegar on Hematological Parameters in Rats.
- The Examiner of Research Project titled Religious Attitudes, Deontology and Egoism in Sport and Optimism. Islamic Azad University, Taft Branch.
- The Examiner of a Research Project titled Comparing the Consumption Effect of Glucose and Fructose on Regulatory Enzymes in Rats.
- The Examiner of Research Project titled Impact of One Concurrent Session(Resistance and Strength Training) on Blood Pressure in Rats.
- The Examiner of a Research Project titled Comparing Concentration Chenges DHEA and Saliva Cortisol of Athlete Voleyball Players.
- The Examiner of a Research Project titled Response of One Session of Resistance and Strength Training on Blood Pressure in Rats.

Conferences and Presentations

1. The Effect of Resistance Training on Fibroblast Growth Factor 21 in Women with Type 2 Diabetes Parvin Farzanegi.
2. The Effect of Swimming Training on Some of Angiogenic Factors in Diabetic Rats. Parvin Farzanegi. World Congress of Physical Education and Sports Sciences.
3. Antioxidant Effects of Regular Aerobic Exercise in Postmenopausal Women with Type 2 Diabetes Mellitus. Parvin Farzanegi. 12th International Conference on Physical Education and Sports Sciences.
4. The effect of food on the diversity of learning theoretical courses(math) and practice (exercise) students in the sixth grade of elementary school.
5. Liver SOD, TAC, TG, and CLO responses to endurance training with and without a mastic(Wild Pistachio) extract in Rats. Parvin Farzanegi. 12th International Conference on Physical Education and Sports Sciences.
5. Liver interleukin-6, interleukin-10, glucose, and glycogen responses to endurance training with and without an alcohol in Rats. Parvin Farzanegi. 12th International Conference on Physical Education and Sports Sciences.
6. Effect of Supplementation of Crude Magnolia and Endurance Training on Liver IL-6, TAC and Glycogen Concentration in Rats. Parvin Farzanegi, Mohammad Ali Azarbayjani, Zeinab Ebrahimipour.
7. Hormonal response, and womens competition. Parvin Farzanegi , Mohammad Ali Azarbayjani, Zeinab Ebrahimipour.
8. The response of salivary cortisol and dehydroepiandrosterone(DHEA) to competition in female volleyball players. Parvin Farzanegi, Mohammad Ali Azarbayjani, Zeinab Ebrahimipour.
9. Role of cell mediated immunity in protection from influenza disease after immunization in high-Level prepubertal rats. Parvin Farzanegi, Mohammad Ali Azarbayjani, Zeinab Ebrahimipour.
10. Responses of cytokines to influenza vaccination in elite boys gymnasts. Parvin Farzanegi , Mohammad Ali Azarbayjani, Zeinab Ebrahimipour.
11. Effect of endurance and resistance training on salivary IgA, cortisol, DHEA, and DHEA:cortisol concentration ratio in Rats. Parvin Farzanegi, Mohammad Ali Azarbayjani, Zeinab Ebrahimipour.
12. Salivary DHEA, Ig A and Cortisol Response to an Increase in Exercise Volume. Parvin Farzanegi. AIESEP. The 12th International Conference on Physical Education and Sports Sciences.
13. The effect of 6 weeks of cardiac rehabilitation (exercise therapy) and vitamin D3 supplementation on the quality of life in postmenopausal women.
14. The effect of eight weeks of intermittent training with moderate intensity and curcumin consumption on serum TRIGLYCERIDE levels in postmenopausal women.
15. The effect of a course of HIT exercises with and without curcumin consumption on OPG levels in postmenopausal women.
16. Impact of one HIT Interval Training on angiotensin 2 Level and its receptor in Cardiac Tissue of Old Rats. Marziel.
17. The effect of a period of regular aerobic exercise with garlic extract on serum levels of telomerase in old rats . Feza.

18. Effect of a period of upper body resistance training on serum myostatin and follistatin levels in sedentary students.
19. Comparison of the effects of chamomile and purslane supplementation on the serum levels of muscle enzymes in young adults.
20. The effect of six weeks of Telcortacin supplementation on the total oxidant and antioxidant status of the heart tissue in rats.
21. The relationship between dietary diversity and general obesity and abdominal obesity in female amateur athlete students.
22. The Effect of Short Term Detraining Following 4 Weeks of Endurance Training on c-Reactive Protein and Glucose Tolerance in Untrained Young Female. Seyedeh Fatemeh Tahmaszadeh, Alireza Barari, Parvin Farzanegi.
23. Comparison Effect of Four weeks endurance and resistance training on homocysteine and lipid markers in untrained young adults.
24. Effects of Four Weeks of Resistance Training and Glutamine Supplementation on Immunoglobulin and Cortisol Levels in Rats.
25. The interactive effect of endurance training and crude alcoholic extract of magnolia on the levels of interleukin 6, interleukin 10 and tumor necrosis factor- α .
14 December 2011, Ghorghan, Iran.
26. Impact of One Course of Resistance Exercise with Boldenone Anabolic Steroid on Bilirubin and Albumin Level in Rats.
27. Impact of 8-Weeks Aerobic Exercises and Consuming Garlic Extract on Some Index of Kidney Functions in Old Rats.
28. Impact of Aerobic, Anaerobic and Combined Training on Ferrous Level of Elite Wrestlers. Hossein Mahdian, Parvin Farzanegi.
29. Impact of Two Regular Aerobic Exercises on Apelin Level and Its Receptor in Cardiac Tissue of Old Rats. Abdollah Hosseini, Parvin Farzanegi.
30. Skeletal Muscle, Sport, Obesity. Parvin Farzanegi. National Conference of New Academic in Physical Education and Sport Sciences.
31. Study the Effectiveness of Aerobic Exercise on Vascular Endothelial Function. Ebrahim Amanzadeh, Parvin Farzanegi.
32. Impact of One Course of Regular Physical Training on Some Indices of Hepatotoxicity in Obese Children. Fatemeh Tahmaszadeh, Parvin Farzanegi.
33. Impact of 8-Weeks Aerobic and Resistance Exercise on Rate of FGF21 and Lipid Profile in Overweight Women. Parvin Farzanegi.
34. Impact of Short Term Maximal and Ultra Maximal Resistance Exercises on Muscular Function Factors. Seyedeh Zahra Tahmaszadeh, Parvin Farzanegi.
35. Impact of 8-Week Maximal and Ultra Maximal Resistance Exercises on Muscular Function Factors. Ghorban Khorrami, Parvin Farzanegi.

Supervisor, advisor and referee of Thesis

Postgraduate Projects

1. Supervisor of Sepideh Ghasemian Langeroudi, PhD student in sport physiology, by research, Completed (2/2020).
2. Supervisor of Mohammadhossein Bargahi, PhD student in sport physiology, by research, Completed (10/2020).
3. Supervisor of Samira Oladazimi Ghadikolaei, PhD student in sport physiology, by research, Completed (1/2019).
4. Supervisor of Ali Noori, PhD student in sport physiology, by research, Completed (9/2019).
5. Supervisor of Amir Hajighasem, PhD student in sport physiology, by research, Completed (5/2018).
6. Supervisor of Fatemeh Rashidpour, PhD student in sport physiology, by research, Completed (10/2022).
7. Supervisor of Zahra Rezaeei, PhD student in sport physiology, by research, Completed (1/2022).
8. Supervisor of Asghar Nikpour, PhD student in sport physiology, by research, Completed (1/2022).
9. Supervisor of Mitra Esfandjani, PhD student in sport physiology, by research, Completed (7/2022).
10. Supervisor of Mehrzad Kheirandish, PhD student in sport physiology, by research, Completed (10/2020).
11. Supervisor of Mahdieh Asadi, PhD student in sport physiology, by research, Completed (10/2020).
12. Supervisor of Mohammad Amin, PhD student in sport physiology, by research, Completed (10/2020).
13. Supervisor of Fatemeh Shahidian, PhD student in sport physiology, by research, Completed (10/2020).
14. Supervisor of Leila Zohrabi Karani, PhD student in sport physiology, by research, Completed (10/2020).
15. Supervisor of Nasrin Gelardi, PhD student in sport physiology, by research, Completed (2/2020).
16. Supervisor of Azade Nosratpour, PhD student in sport physiology, by research, Completed (2/2020).
17. Supervisor of Farnaz Zanganeh, PhD student in sport physiology, Completed (2/2020).
18. Supervisor of Sara Asadi, PhD student in sport physiology, by research, Completed (2/2019).
19. Supervisor of Seyed Hasan Rasouli, PhD student in sport physiology, by research, Completed (2/2020).
20. Supervisor of Ali Dehghan, PhD student in sport physiology, by research, Completed (2/2019).
21. Supervisor of Shiva Bahramvash, PhD student in sport physiology, by research, Completed (11/2019).
22. Supervisor of Maryam Shearani, PhD student in sport physiology, by research, Completed (2/2020).
23. Supervisor of Anahita Salehi, PhD student in sport physiology, by research, Completed (1/2019).
24. Supervisor of Exir Vizvari, PhD student in sport physiology, by research, Completed (1/2018).
25. Supervisor of Hossein Mahdian, PhD student in sport physiology, by research, Completed (12/2018).
26. Advisor of Shahrbanoo Jafari, PhD student in sport physiology, by research, Completed (7/2023).

27. Advisor of Khadijeh Niknam, PhD student in sport physiology, by research, Completed (1/2019).
28. Advisor of Soghra Sojoodi, PhD student in sport physiology, by research, Completed (10/2020).
29. Advisor of Mohammad Kazemipour, PhD student in sport physiology, by research, Completed (4/2022).
30. Advisor of Amir Shapouri, PhD student in sport physiology, by research, Completed (4/2022).
31. Advisor of Faeghe Jafari Amoli, PhD student in sport physiology, by research, Completed (3/2022).
32. Advisor of Sahar Koochaki, PhD student in sport physiology, by research, Completed (12/2021).
33. Advisor of Mohammad Fatahi, PhD student in sport physiology, by research, Completed (9/2021).
34. Advisor of Mojtaba Rasoolian, PhD student in sport physiology, by research, Completed (5/2021).
35. Advisor of Maryam Ebrahimi, PhD student in sport physiology, by research, Completed (4/2021).
36. Advisor of Kavous Eydivendi, PhD student in sport physiology, by research, Completed (1/2021).
37. Advisor of Mohammad Alvandian, PhD student in sport physiology, by research, Completed (8/2020).
38. Advisor of Ali Rasouli, PhD student in sport physiology, by research, Completed (7/2020).
39. Advisor of Babak Biniaz, PhD student in sport physiology, by research, Completed (1/2020).
40. Advisor of Zahra Haddadpour, PhD student in sport physiology, by research, Completed (7/2019).
41. Advisor of Tahereh Heydarzade, PhD student in sport physiology, by research, Completed (8/2019).
42. Advisor of Ali Salehi, PhD student in sport physiology, by research, Completed (1/2019).
43. Advisor of Bentolhoda Smailee, PhD student in sport physiology, by research, Completed (9/2019).
44. Advisor of Ghasem Masodzade, PhD student in sport physiology, by research, Completed (9/2019).
45. Advisor of Mahnaz Alinejad, PhD student in sport physiology, by research, Completed (2/2019).
46. Advisor of Hamidreza Nagarestani, PhD student in sport physiology, by research, Completed (2/2019).
47. Advisor of Hadi Alinezhad, PhD student in sport physiology, by research, Completed (1/2020).
48. Advisor of Jasem Jalilian, PhD student in sport physiology, by research, Completed (6/2019).
49. Advisor of Ali Mehri, PhD student in sport physiology, by research, Completed (2/2019).
50. Advisor of Behnaz Vanaky, PhD student in sport physiology, by research, Completed (7/2018).
51. Advisor of Bahareh Yazdanparast, PhD student in sport physiology, by research, Completed (1/2018).
52. Advisor of Javid Mahtabi, PhD student in sport physiology, by research, Completed (4/2018).
53. Advisor of Hossein Heidari, PhD student in sport physiology, by research, Completed (3/2019).
54. Advisor of Rana Mahmudi, PhD student in sport physiology, by research, Completed (11/2019).
55. Advisor of Zeinab Ebrahimpour, PhD student in sport physiology, by research, Completed (5/2016).
56. Advisor of Zeinab Razavimajd, PhD student in sport physiology, by research, Completed (5/2016).
57. Advisor of Solmaz Shirpour, PhD student in sport physiology, by research, Completed (1/2017).
58. Advisor of Sharif Rezaei, PhD student in sport physiology, by research, Completed (1/2017).
59. Advisor of Ali Fakourian, PhD student in sport physiology, by research, Completed (10/2018).
60. Advisor of Majid Jahani, PhD student in sport physiology, by research, Completed (3/2019).
61. Advisor of Majid Abbaszadeh, PhD student in sport physiology, by research, Completed (3/2018).
62. Advisor of Tajik Mahboubbeh, PhD student in sport physiology, by research, Completed (11/2019).
63. Advisor of Mostafa Farhadi, PhD student in sport physiology, by research, Completed (1/2010).
64. Advisor of Milad Rahimi, PhD student in sport physiology, by research, Completed (4/2018).
65. Advisor of Panthea Kianmehr, PhD student in sport physiology, by research, Completed (11/2019).
66. Supervisor of Fatemeh Esmaeili, MSc student in sport physiology, by research, Completed (1/2023).
67. Supervisor of Ali Gorzin, MSc student in sport physiology, by research, Completed (9/2020).
68. Supervisor of Mahla Baghban, MSc student in sport physiology, by research, Completed (9/2019).
69. Supervisor of Mostafa Fazeli, MSc student in sport physiology, by research, Completed (9/2018).
70. Supervisor of Maryam Rostami, MSc student in sport physiology, by research, Completed (9/2019).
71. Supervisor of Fatemeh Motalebi, MSc student in sport physiology, by research, Completed (2/2023).
72. Supervisor of Faezeh Hoseini, MSc student in sport physiology, by research, Completed (9/2022).
73. Supervisor of Ghafar Kameli, MSc student in sport physiology, by research, Completed (9/2022).
74. Supervisor of Hadiseh Pourkarimi, MSc student in sport physiology, by research, Completed (1/2022).
75. Supervisor of Niloofar Koochaki, MSc student in sport physiology, by research, Completed (12/2021).
76. Supervisor of Niloofar Mohammadi, MSc student in sport physiology, by research, Completed (12/2021).
77. Supervisor of Hamid Jahanshahi, MSc student in sport physiology, by research, Completed (12/2021).
78. Supervisor of Mohammad Kazemzadeh, MSc student in sport physiology, by research, Completed (1/2022).
79. Supervisor of Ahmad Narimani, MSc student in sport physiology, by research, Completed (10/2021).
80. Supervisor of Azar Ghafarinasab, MSc student in sport physiology, by research, Completed (10/2021).

81. Supervisor of Amir Eskandari, MSc student in sport physiology, by research, Completed (10/2021).
82. Supervisor of Simasadat Fazeli, MSc student in sport physiology, by research, Completed (10/2021).
83. Supervisor of Mojghan Azizkabiri, MSc student in sport physiology, by research, Completed (10/2021).
84. Supervisor of Shahin Lotfi, MSc student in sport physiology, by research, Completed (10/2021).
85. Supervisor of Zeinab Zabihi, MSc student in sport physiology, by research, Completed (7/2020).
86. Supervisor of Saeedeh Baei, MSc student in sport physiology, by research, Completed (10/2019).
87. Supervisor of Ziba Fazeli, MSc student in sport physiology, by research, Completed (1/2018).
88. Supervisor of Sahar Jafari, MSc student in sport physiology, by research, Completed (9/2017).
89. Advisor of Seyed Javad Hasemi, MSc student in sport physiology, by research, Completed (2/2022).
90. Advisor of Hassan Behdari, MSc student in sport physiology, by research, Completed (2/2012).
91. Master Reviewer of Zahra Vahedi Langeroudi, PhD student in sport physiology, by research, Completed (1/2019).
92. Master Reviewer of Masoumeh Habibian, PhD student in sport physiology, by research, Completed (9/2012).
93. Master Reviewer of Mohammad Ghalehdari, PhD student in sport physiology, by research, Completed (2/2013).
94. Master Reviewer of Hoseyn Fatollahi, PhD student in sport physiology, by research, Completed (8/2010).
95. Master Reviewer of Mohammad Mousaei, PhD student in sport physiology, by research, Completed (8/2020).
96. Master Reviewer of Seyed Mousa Jamali Langari, MSc student in sport physiology, by research, Completed (1/2020).
97. Master Reviewer of Mohammadreza Rahmani Bashirian, MSc student in sport physiology, by research, Completed (1/2020).
98. Master Reviewer of Keivan Bodaghi, MSc student in sport physiology, by research, Completed (2/2016).
99. Master Reviewer of Leili Karimi, MSc student in sport physiology, by research, Completed (8/2012).
100. Master Reviewer of Seyed Javad Hashemi, MSc student in sport physiology, by research, Completed (2/2022).

Undergraduate Final Year Projects

1. The effect of exercise and consumption of ursolic acid on the axis of osteosarcopenia in type 2 diabetes aged rats. M.
2. The effect of two types of continuous and interval training with nanozinc on mitochondrial biogenesis of hippocampus.
3. Investigating changes in the expression of genes related to endometriosis following a period of aerobic exercise and diet intervention.
4. The effect of a period of regular swimming exercises and consumption of licorice extract on TLR4/NF- κ B signaling pathway.
5. Investigating the effect of eight weeks of continuous and periodic training with atorvastatin supplementation on Mitochondrial function, Main supervisor.
6. The effect of four weeks of small-scale game training on some factors of physical fitness of young football players.
7. The effect of a period of regular exercise training on the cortical apoptosis signaling pathway (BDNF/TrkB) in diabetic rats.
8. The effect of a regular aerobic exercise course on macrophage migration inhibitory factor and JNK pathway activation.
9. The effect of aerobic exercise and pistachio peel extract supplementation on the expression of HSL and LPL genes in obese rats.
10. The effect of physical activity history on the improvement of hematological indices in the survivors of Covid-19. E.

Editorial Board of and Reviewer of national and international Journals

-
1. Review of Responses of the serum lipid profile to exercise and diet interventions in nonalcoholic fatty liver disease.
 2. Review of Protective effect of grape seed extract and exercise training on tissues toxicities in Doxorubicin - treated healthy rat .Dose-Response .2023-04-27 and 2023-04-09.
 3. Review of Exercise reduces hyperlipidemia-induced cardiac damage in apolipoprotein E-deficient mice via its effect on mitochondrial function.
 4. Reviewer of the Journal of Medicinal Plants, Iran.
 5. Reviewer of the Medical laboratory journal, Iran.
 6. Reviewer of the journal of neyshabur university of medical sciences, Iran.
 7. Reviewer of the Journal of Mazandaran University of Medical Sciences, Iran.
 8. Reviewer of the Razi Journal of Medical Sciences, Iran.
 9. Reviewer of the Journal of Medical Journal of Hormozgan University, Iran.
 10. Reviewer of the Journal of Babol University of Medical Sciences, Iran.
 11. Reviewer of the Journal of Sport Physiology, Iran.
 12. Reviewer of the book Concepts of cardiovascular physiology, Central Tehran Branch, Islamic Azad University, Iran.

13. Editorial board in International Journal of Applied Science in Physical Education (2017 – Now) and Journal of Res

Skills

1. At least 10 years Ability Working With Laboratory Animals. Certificate Code: 291189117, Pasteur Institute of Iran.
2. At least 4 years experiences in Massage .Certificate Code: 325530470010001, State Technical and Vocation Training Organization.
3. Ability to plan and conduct research to meet required research objectives, to interpret the results in the context of university students needs and to present the conclusions orally and in written reports.
4. Ability to motivate and develop a team as well as lead research work.
5. Ability and Skill in exercise tests, anthropometric tests (Certificate Date: 2-4 Sep 2015, ISAK), measure of Percent body fat tests and Public health tests (heart rate, blood pressure during the exercise).
6. Ability of planning and designing diet for athletes, patients and health womens and mens (Sport Nutrition Course, Certificate Code: 88/06/1185, National Olympic & Paralympic Academy of I.R. IRAN.
7. Ability of planning and designing in exercise training for special athletes, Metabolic diseases and else people.
8. At least 13 years experiences and working with body composition devices with Inbody and 3D Body Scanner and other devices in sports physiology laboratory.
9. Ability to different Software: Microsoft Office, Photoshop, SPSS and GraphPad Prism .
10. The ability to advisor and co-advisor in doctoral and MSc students in writing theses and articles.

Training Workshop

1. Lecturer of Training Workshop Sport Nutrition Special for Handball Players and Coaches. Ghaemshahr, Islamic Azad University. 04.08.2015.
2. Lecturer of Training Workshop Sport Nutrition. Sari, Farhangian University. 31.12.2016.
3. Lecturer of Training Workshop Working with Laboratory Animals. Sama Ghaemshahr, Islamic Azad University. 26.02.2015.
4. Participant of Exercise Therapy Training Workshop. Sari, Islamic Azad University. 16 Hour, 2012.
5. Participant of Endnote Training Workshop. Sari, Islamic Azad University. 8 Hour, 2012.
6. Participant of Principle of Consultation in Human Relation With Students Training Workshop. Sari, Islamic Azad University. 8 Hours, 2012.
7. Participant of Professional Ethics Training Workshop. Sari, Islamic Azad University. 24 Hour. 2011.
8. Participant of Weblog Publishing Instruction Training Workshop. Sari, Islamic Azad University. 16 Hour, 2011.
9. Participant of Essay Writing in English Training Workshop. Sari, Islamic Azad University. 16 Hour, 2011.
10. Participant of Time Management Training Workshop. Sari, Islamic Azad University. 16 Hour, 2010.

Will be available on demand.



<https://scholar.google.com/citations?user=Pr5u7sQAAAAJ&hl=en>

Citations: 1662 , h-index:19 , i10-index:33