



Dr. Sadegh Amani-Shalamzari

Associate Professor of Sport Physiology
Faculty of Physical Education and Sport Sciences

Educational records

#	Course	University	City	Country	Graduation Date	Total mean
1	Bachelor	shahid rajaee university	Tehran	Iran	2006	18
2	MSc	Tarbiat modares university	Tehran	Iran	2009	17.75
3	ph.d	Tarbiat modares university	Tehran	Iran	2013	17.83

Languages

#	Language	Translation Skill	Dialogue Skill
1	English	perfect	good

Professional skills

#	Title	Date of activity
1	AFC Futsal fitness instructor	2015
2	developing aeobic and resistance training for making weight	2016
3	Working with laboratory animals	2009

Academic & scientific positions

#	Responsibilities Titles	Name of Organization	Starting Date	Termination Date
1	Secretary of football in province	sport organization	2009	2011
2	Assistant Professor- Science and Research Branch	Islamic Azad University	2013	2014
3	teacher	educational sustem	2001	2012

Awards & honors

#	title	Date
1	the best book of year in 1st SSRi awards	5/2/2023
2	Top young researcher	21/5/2023

Professional activities & membership

#	Professional memberships	Explanations
1	AFC futsal fitness instructor	
2	Iran futsal fitness instructor	

Executive Activities

#	Executive Activities Titles	Name of Organization / comment	Starting Date	Termination Date
1	♦director of exercise physiology departement	♦jharazmi university	♦15/9/1401	♦

Research interests

#	Title	Start date
1	small sided game	2015
2	cancer and exercise	2015
3	blood flow restriction	2016
4	exercisettraining	2020

Research projects

#	Project Titles	Executers	Supportive Organization	Place of Execution	Project Situation	Completion Date
1	The role of cultural environment on the development of physical literacy and physical activity of Iranian children	Sadegh Amani-shalamzari,Majid Mohammadi, Farzaneh Elahipanah	Kharazmi university	Iran	Completed	11/2

Theses supervised

#	Title	Persons
1	effect 6 weeks of functional training with blood flow restriction on serum P3NP, selected physical fitness in elderly men	Sima Bigdeli
2	The effect of conditioning training based on small-sided games and routine training on performance, technical and tactical aspects in young futsal players	Ehsan Khoshghadam
3	effect 6 weeks of functional training with blood flow restriction on serum MSTN & strenght in elderly men	Parisa Zakeri
4	Comparison effects of increasing progressively blood flow restriction with training load on performance factors in active collegiate females	saedeh Rajabi
5	Comparison of low intensity resistance exercise with two different pressure of blood flow restriction and high intensity resistance exercise on serum hypertrophic factors in competitive wrestlers	Javad Lal Sadeghi
6	The effect of 3 weeks aerobic high-intensity futsal game with and without blood flow restriction on selected metabolic and functional indexes in young men	ali sari khani
7	Comparing exercise load and recovery rate in interval exercise with common formats of small sided games in futsal players	Amin Khalaghi
8	Effect of a course of electrical muscle stimulation (EMS) on serum levels of resistin in inactive subjects	زیرالله احمدی
9	The effect of swimming in cold water and cold exposure on the expression of FNDC5 and HSL and glycerol levels in white adipose tissue in male Wistar rats	مهدی امیری نژاد
10	Effects of 12 weeks cyclic yoga with different doses of vitamin D supplementation on expression of Bax & Bcl2 in breast cancer survivors	مانده جوادی گورتانی
11	Effects of 6 weeks cold exposure and swimming in cold water on expression of FGF21 protein in adipose tissue in male Wistar rats	سارا شمس
12	The effect of 6 weeks of cold exposure and swimming in cold water on the gene expression of tfam and PGC-1α in adipose tissue of male wistar rats	فاطمه اسلامی
13	The effect of adding music to the training at home on the physical - cognitive function of Alzheimer's patients	غزاله شکر
14	Effect of high intensity interval exercise on appetite response, calorie intake and NPY level in obese untrained women	سعیده خلیج
15	Effects of 12 weeks cyclic yoga with different doses of vitamin D supplementation on expression of Bax & Bcl2 in breast cancer survivors	مانده جوادی گورتانی
16	The effect of 6 weeks of exposure to cold and swimming in cold water on the expression of genes and proteins of beta-adrenergic receptors and norepinephrine adipose tissue in male Wistar rats	حمیده بیگدلی
17	The effect of cold exposure and swimming in cold water on gene expression of PPAR-γ و EBP-γ in white and brown fat tissues in male Wistar rats	فاطمه اورنگی
18	Comparison effects of increasing blood flow restriction with training load on performance factors in active collegiate females	سعیده رجبی
19	Effects of a-12-week yoga with vitamin D supplementation on the rates of pro and anti-inflammatory cytokines in breast cancer survivors	مهدی نادری
20	Effects cyclic yoga with Vitamin D. Supplementation on the rates of pro and anti-inflammatory cytokines in Breast Cancer survivors	مهدی نادری
21	Effect of 8 Weeks Active Play on Children's Physical Fitness and Motor Skills	نازنین حیات
22	Effect of 8 weeks of Child design game and teacher design game on physical fitness and creativity in children 8-10 years	maryam mohammadinia
23	Effect of a period of resistance-endurance training with electrical stimulation on muscle strength and serum IL-15 levels in individuals with overweight and obese	فاطمه محبوبی سمنان
24	The effect of tdcS on the neuromuscular recovery after a simulated football match in soccer players	فاطمه شیراوند
25	The effect of a period of resistance-endurance training of electrical muscle stimulation (EMS). On the serum levels of myostatin in overweight and obese non-athletes.	محمد بلبل عنبران
26	The effect of 12 weeks of cross-fit training on chemerin serum levels in adult persons with non-alcoholic fatty liver disease	سیدحسین محمدی
27	The effect of four weeks of combined training with yohimbine supplement on follistatin in overweight people	هانیه دالوند
28	Description of the physiological and physical fitness profile of the Iranian Futsal Premier League players	علی مهدی زاده
29	The effect of 8 weeks of dual training (cognitive-functional) on serum myostatin in elderly people	شکیبا دوشاخ نیاتی
30	The effect of 8 weeks of dual- task training (cognitive-functional) on cathepsin-B biomarker in elderly people	فاطمه سادات زنده پور
31	The acute effect of carnosine and bicarbonate sodium supplementation on physiological load of a simulated boxing match	بهار صالحی هفشجانی
32	Effect of four weeks combined training with yohimbine supplementation on serum adiponectin and lipid profiles in overweight individuals	امیرمحمد دارابی

conference reviewer

#	Conference Title	Date of Cooperation & Explanations
1	Second Conference on Technology Application in Sport Sciences, Shahid Rajaee University	2017
2	The first Kavosh conference on sport science at Allameh Tabataba'i University	2018
3	12th international congress on sport sciences	2021
4	13th international congress on sport sciences	2022
5	14th international congress on sport sciences	2023

Journal Referee

#	Magazine Title	Date of Cooperation & Explanations
1	Journal of Sport Physiology Research Institute of Physical Education and Sport Sciences	2016-NOW
2	Journal of Breast Diseases	2016- NOW
3	Research in Medicine, Shahid Beheshti University	2016-NOW
4	Journal of Research in Sport Medicine and Technology	2016-NOW
5	Journal of Pediatrics	2016-NOW
6	Kumash Journal	2016-NOW
7	Medical School Journal	2016-NOW
8	Tumor Biology	2016-NOW
9	genes	2020
10	Journal of Human Kinetics	2022
11	Frontiers in Immunology	2021
12	Evidence-based Complementary and Alternative Medicine	2020
13	Archives of Gerontology and Geriatrics	2021

Theses advised

#	Title	Persons
1	effect 6 weeks of functional training with blood flow restriction on serum follistatin in elderly men	zahra shikhi per kohi
2	effect 6 weeks of functional training with blood flow restriction on serum CAF, muscle quality in elderly men	Mohammad Hasan Dehghanian
3	effect 6 weeks of functional training with blood flow restriction on serum irisin & crp in elderly men	Fatemeh Pazokian
4	Effects of 12 weeks' cyclic yoga with different doses of vitamin D supplementation on expression caspas3 of &TNF- in breast cancer survivors	زهرا صاحبی
5	Vertical Squat Jump Power-Force-Velocity Profile in Trained Male Speed Climbers	محمدمهدی جلیلی
6	The effect of 6 weeks cold exposure and swimming in cold water on gene expression of SIRT1and AMPK white adipose tissue in wistar rats	زهرا دره باغی حسین ابادی
7	Effects of 6 weeks cold exposure and swimming in cold water on gene expression of muscle GLUT1 and protein FGF21 in muscle and liver in male wista rats	مصطفی توسلیان
8	The effect of interval exercise with fennel supplementation on serum estrogen levels and some metabolic syndrome in overweight postmenopausal women	مریم داریزینی زنجان
9	The effect of cold exposure and swimming in cold water on expression muscle myostatin and IRF4 and UCP1 level on brown fat tissues in male Wistar rats	نیلوفر رحمانی
10	Effects of 12 weeks' cyclic yoga with different doses of vitamin D supplementation on expression caspas3 of &TNF- in breast cancer survivors	زهرا صاحبی
11	Effect of selected methods of recovery after high intensity interval training on electromyographical indices of national athletic runners	azin shaygan
12	Comparison of small sided games types on external load indices in professional soccer players	tahereh soltani
13	The effect of physical fitness on immune system factors and the severity of symptoms in men improved from corona	hassan jamashi
14	The effect of 6 weeks of cold exposure and swimming in cold water on the expression of Cd36 and cpt1 genes in adipose tissue of male Wistar rats	manizhe inanlu
15	A study of training and performance monitoring of youth league football players in the second half of the season	محمدمامین فرحانی
16	The effects of different protocols of plyometric exercises as PAP on power and speed performance in athletes: A meta-analysis on post-activation potentiation studies	ایمان نیرومند
17	The effect of a beta alanine supplementation period and regular taekwondo training on anaerobic performance and metabolism substrate of endurance activity in taekwondo female players	الهه دیانتي
18	The effect of exhausting activity with acute beta alanine supplementation on Buffer capacity and lactate concentration of Elite male triathletes	سیدحسن بابایی
19	The effect of 12 weeks of cross-fit training on Adiponectin serum levels in adult persons with non-alcoholic fatty liver disease	کیمیا شیرین سخن
20	Comparison of metabolic profiles of male taekwondo athletes with different physical fitness levels during different stages of official competitions	محسن حاتم طهرانی مقدم
21	Effects of a Six-Week Combined Training Program (Resistance and Interval) Alongside Oral Royal Jelly Supplementation on Antioxidant Defense Mechanisms in Physically Active Young Women	سعیده کارگران اردکانی

Course taught

#	Lesson Title	Place & Date of Lecture
1	football 1-2	Kharazmi university-2015-now
2	exercise physiology	Kharazmi university-2015-now
3	talant identification in sport	Kharazmi university-2015-now
4	human physiology	Kharazmi university-2015-now
5	futsal	Kharazmi university-2016-now
6	Health in Sport	Kharazmi university-2015-now
7	training physiology	Kharazmi university-2017-now
8	biochemistry and metabolism in exercise	Kharazmi university-2015-now
9	clinical exercise physiology	Kharazmi university-2017-now
10	immune function in exercise	Kharazmi university-2017-now

Workshops contributed

#	Workshops & Courses Titles	Functional Organization	Place	Date
1	the principle of fitness with small sided games	sport science faculty	Kharazmi University	2017
2	the principle of fitness in grassrotts	tehran football association	tehran	2018
3	the principle of EMS training	allame tabatabaee university	tehran	2018
4	the principle of fitness in futsal & football	shahrood football association	shahrood	2018
5	futsal fitness course level 1	AFC	tehran/mashhad/vietnam/afghanistan/ghyrghizestan/thailand	2018
6	new way of fitness with BFR & EMS	National Olympic Academy	National Olympic Academy	2019
7	fatigue and recovery in soccer	kharazmi university	kharazmi university	2022

Published books

#	Title	Author(s)	Publisher	Publish Date
1	curcumin and its role in health and disease	Sadegh Amani shalamzari, Mahdieh Molanouri shamsi, samane aghamohammadi, carl paton	نوا	2023
2	1300 tests in physical education and sport scicence	Sadegh Amani shalamzari, Hamid Afrozeh, Mahdi Mohsenzadeh	Hatmi	2019
3	the athletes guide to making weight	Sadegh Amani shalamzari	شعاع دانش	2019
4	Introduction to Cardiovascular Exercise Testing	Mohammad Shariatzadeh, Sadegh Amani-Shalamzari	Institute of Physical Education and Sport Sciences Publications	2018
5	power training in football	abdolhossein parnow, Sadegh Amani-Shalamzari, Gholamreza Jahani	Hatmi	2018
6	Environment and immune function in Sport	Abdolreza Kazemi, Sadegh Amani Shalamzari, Shamsedin Rezaee	valiaser university	2018
7	Exercise nutration	mohamad ranjbar, Sadegh Amani Shalamzari, Abdolreza Kazemi	Shahid Chamran University of Ahvaz	2017
8	Applied Statistics in the Humanities and Physical Education	Shamsedin Rezaee, Sadegh Amani Shalamzari, Nabi Shamsaee,, Taherh Afshar	Ilam University	2017
9	A simple approach tottraining and exercise physiology	Sadegh Amani Shalamzari, abdolhossein parnow, Gholamreza Jahani	Hatmi	2016
10	aerobic and anaerobic traininf in football	Sadegh Amani Shalamzari, Abdolhowwein Parnow, Hamidreza Negarestani, Somayeh Dashti	hatmi	2016
11	recovery in sport	Rasul Eslami, Sadegh Amani Shalamzari	Allameh Tabatabaee University	2015
12	futsal teaching	Reza Nori, Abdolhossein Parnow, Sadegh Amani Shalamzari, Kivan Moradian	samt	1397
13	resistance training for preveting	Sadegh Amani Shalamzari, Rasul Eslami, Amin Isanejad	Institute of Physical Education and Sport Sciences Publications	1397

Published articles

#	Paper title	Writer	Magazine title	Publish year	Publish type	Article type
1	The effect of circuit resistance training with three different intensities on muscle growth factors in	Saber Niazi mamarabadi, Hamid Rajabi, Sadegh Amani shalamzari	Sport Sciences for Health	2025	Full Text	

	obese men: a randomized controlled trial					
2	Effects of remote combine exercise-music training on physical and cognitive performance in patients with Alzheimer's disease: a randomized controlled trial	Ghazale Shokri, Fatemeh Mohammadian, Maryam Noroozian, Sadegh Amani shalamzari, Katsuhiko Suzuki	Frontiers in Aging Neuroscience	2024	Full Text	Original Article
3	Effects of swimming in cold water on lipolysis indicators via fibroblast growth factor-21 in male Wistar rats	Sara Shams, MOSTAFA TAVASOLIAN, Sadegh Amani shalamzari, , Hamid Rajabi, Katja Weiss, Beat Knechtle	Biochemistry and Biophysics Reports	2024	Full Text	Original Article
4	The Effect of Vitamin D Supplementation on Physical Performance of Male Soccer Players: A Systematic Review	ali torabi, Mohammad Mahdi Eidiyan-Kakhki, Sadegh Amani shalamzari, Mahmood Jafari	Journal of Exercise and Health Science	2024	Full Text	
5	Swimming in cold water increases the browning process by diminishing the Myostatin pathway	Nilofar Rahmani, , Sadegh Amani shalamzari, Kurt A. Escobar, Katsuhiko Suzuki	MOLECULAR BIOLOGY REPORTS	2024	Full Text	
6	Effect of repeated sessions of transcranial direct current stimulation on subjective and objective measures of recovery and performance in soccer players following a soccer match simulation	Fatemeh Shiravand, , Sadegh Amani shalamzari, Ehsan Amiri, Daniel Gomes da Silva Machado	Scientific Reports	2024	Full Text	
7	The effect of eight weeks of circuit resistance training on Apo-B/A ratio and inflammatory status of sedentary postmenopausal women	E. Shakoor, A. Qassemian, S. Shams, Sadegh Amani shalamzari	Comparative Exercise Physiology	2024	Full Text	
8	Swimming in cold water upregulates genes involved in thermogenesis and the browning of white adipose tissues	Sara Shams, Mehdi Amirinejad, Sadegh Amani shalamzari, Hamid Rajabi, Katsuhiko Suzuki	COMPARATIVE BIOCHEMISTRY AND PHYSIOLOGY B- BIOCHEMISTRY and MOLECULAR BIOLOGY	2023	Full Text	Original Article
9	The role of the cultural environment in the development of physical literacy and physical activity of Iranian children	majid mohammadi, Farzaneh Allahipannah, Sadegh Amani shalamzari	BMC Pediatrics	2023	Full Text	Original Article
10	Comparing the effects of traditional resistance training and functional training on the bio-motor capacities of female elite taekwondo athletes	Leila Khazaei, Abdolhossein Parnow, Sadegh Amani shalamzari	BMC Sports Science, Medicine and Rehabilitation	2023	Full Text	Original Article
11	Effects of Three Different Modes of Resistance Training on Appetite Hormones in Males With Obesity	Ali Ataenosrat, Marjan Mosalman Haghighi, Hossein Abednatanzi, Mohammad Soltani, Abbass Ghanbari-Niaki, Akbar Nouri-Habashi, Sadegh Amani shalamzari, Ali Mossayebi, Mitra Khademosharie, Kelly E. Johnson, Trisha A. VanDusseldorp, Ayoub Saeidi, Hassane Zouhal	Frontiers in Physiology	2022	Full Text	Original Article
12	Effect of different recovery modes during resistance training with blood flow restriction on hormonal levels and performance in young men: a randomized controlled trial	Vahid Fekri-Kurabbaslou, Sara Shams, Sadegh Amani shalamzari	BMC Sports Science, Medicine and Rehabilitation	2022	Full Text	Original Article
13	Serum and gene expression profile of cytokines following combination of yoga training and vitamin D supplementation in breast cancer survivors: a randomized controlled trial	Mahdi Naderi, Hajar Kordestani, Zahra Sahebi, Vahid Khedmati zare, Sadegh Amani shalamzari, Mojtaba Kaviani, Joachim Wiskemann, Mahdieh Molanouri Shamsi	BMC Womens Health	2022	Full Text	Original Article
14	The Repeated Curve Sprint Test Appears to be an Appropriate Tool for Estimating Anaerobic Fitness in Young Trained Male Futsal Players	abdolhossein parnow, Sadegh Amani shalamzari, magni mohr	Journal of Human Kinetics	2022	Full Text	Original Article
15	Effects of functional training with blood occlusion on the irisin, follistatin, and myostatin myokines in elderly men	Fatemeh Pazokian, Sadegh Amani shalamzari, Hamid Rajabi	European Review of Aging and Physical Activity	2022	Full Text	Original Article
16	The effect of 8 weeks of child designed vs teacher designed games on physical fitness and creativity in children 8-10 years	, Rasoul Yaali, Sadegh Amani shalamzari, Cain Clarck	PHYSIOLOGY and BEHAVIOR	2022	Full Text	Original Article
17	Effects of dual-task training with blood flow restriction on cognitive functions, muscle quality, and circulatory biomarkers in elderly women	Amir Kargaran, Atefeh Abedinpoor, Zohreh Darvakh, Rasoul Yaali, Sadegh Amani shalamzari, Daniel Gahreman	PHYSIOLOGY and BEHAVIOR	2021	Full Text	Original Article
18	The high dose of vitamin D supplementation combined with yoga training improve the leukocytes cell survival-related gene expression in breast cancer survivors	Vahid Khedmati zare, Maede Javadi, Sadegh Amani shalamzari, Mojtaba Kaviani	Nutrition and Metabolism	2021	Full Text	Original Article
19	Effects of Six Week Iso-Volume Continuous and Interval Endurance Training on some Inflammatory and Lipid Profiles in Obese and Overweight Soldiers.	abas lalsazegar, mandana gholami, Sadegh Amani shalamzari	Journal of Military Medicine	2020	Full Text	Original Article
20	The effects of foam roll on perceptual and performance recovery during a futsal tournament	Ali Rahimi, Sadegh Amani shalamzari, Filipe Manuel Clemente	PHYSIOLOGY and BEHAVIOR	2020	Full Text	Original Article
21	Functional training with blood occlusion influences muscle quality indices in older adults	Sima Bigdeli, Mohamad hossin Dehghanyan, Sadegh Amani shalamzari, Hamid Rajabi, Daniel E. Gahreman	ARCHIVES OF GERONTOLOGY AND GERIATRICS	2020	Full Text	Original Article
22	Effects of 6 weeks of aerobic training on the level of serum and tumour tissues ghrelin in mice with breast cancer	Marziyeh shadravan, Sadegh Amani shalamzari, ali sarikhani		2020	Full Text	Original Article
23	Exercise Training and Fasting: Current Insights	Hassane Zouhal, Ayoub Saeidi, Amal Salhi, Huige Li, M Faadiel Essop, Ismail Laher, Fatma Rhibi, Sadegh Amani shalamzari, Abderraouf Ben Abderrahman	Open Access Journal of Sports Medicine	2020	Full Text	Original Article
24	Occlusion Training During Specific Futsal Training Improves Aspects of Physiological and Physical Performance	Sadegh Amani shalamzari, Ali SARIKHANI, Paton Carl, Hamid Rajabi, bayati mahdi, Pantelis Theodoros Nikolaidis , Beat Knechtle	Journal of Sports Science and Medicine	2020	Full Text	Original Article
25	Dual-Task Training Affect Cognitive and Physical Performances and Brain Oscillation Ratio of Patients With Alzheimer's Disease: A Randomized Controlled	Elnaz Parvin, Fatemeh Mohammadian, Sadegh Amani shalamzari, Mahdi Bayati, Behnaz Tazesh	Frontiers in Aging Neuroscience	2020	Full Text	Original Article

	WITH ALZHEIMER'S DISEASE: A RANDOMIZED CONTROLLED TRIAL					
26	Exercise Training, Immune System, and Coronavirus	molanouri shamsi mahdieh, Sadegh Amani shalamzari		2020	Full Text	Original Article
27	The Effect of Six Weeks of Functional training with Blood Flow Restriction on Myostatin to Folistatin Ratio and Physical Fitness in Elderly Men	Zahra Sheykhi, Parisa Zakeri, , zahra mirakhori, Sadegh Amani shalamzari		2020	Full Text	Original Article
28	The Effect of endurance training on expression of miR-21 and its downstream in breast cancer bearing mice	Sadegh Amani shalamzari, hamid aghalinejad, shaban alizadeh, shirin shahbazi	journal of basic research in medical sciences	2020	Full Text	Original Article
29	Blood Flow Restriction During Futsal Training Increases Muscle Activation and Strength	Sadegh Amani shalamzari, Farid Farhani, Hamid Rajabi, Ali Abbasi, Ali SARIKHANI, carl paton, mahdi bayati, Daniel Berdejo-del-Fresno, Thomas Rosemann, Pantelis Theodoros Nikolaidis, Beat Knechtle	Frontiers in Physiology	2019	Full Text	Original Article
30	Reliability and Validity of a Novel Futsal Special Performance Test Designed to Measure Skills and Anaerobic Performance	Farid Farhani, Hamid Rajabi, Raoof Negareh, Ajmol Ali, Sadegh Amani shalamzari, Julien S Baker	International Journal of Sports Physiology and Performance	2019	Full Text	Original Article
31	Generic vs. small-sided game training in futsal: Effects on aerobic capacity, anaerobic power and agility	Sadegh Amani shalamzari, Ehsan Khoshghadam, Adel Doniaee, Abdolhosseion Parnow, Mahdi Bayati, Filipe Manuel Clemente	PHYSIOLOGY and BEHAVIOR	2019	Full Text	Original Article
32	Multi Directional Repeated Sprint Is a Valid and Reliable Test for Assessment of Junior Handball players	amin Daneshfar, daniel gahreman, majid Koozehchian, Sadegh Amani shalamzari, Mozghan Hassanzadeh Sablouei, Thomas Rosemann, Beat Knechtle, Pantelis T Nikolaidis	Frontiers in Physiology	2018	Full Text	Original Article
33	The Effect of Aerobic Training on Tumor Growth Adiponectin Leptin and Ghrelin in Mice with Breast Cancer	Sadegh Amani shalamzari, Amin Daneshfar, Mozghan Hassanzadeh Sablouei, Maria A. Fiatarone Singh, Abdolreza Kazemi	Iranian Red Crescent Medical Journal	2018	Full Text	Original Article
34	a systematic Review of Football Studies in Exercise Physiology Challenges and Opportunities	saleh rafiee, Sadegh Amani shalamzari, alam zahra		2018	Full Text	Original Article
35	The Effect of Four Weeks of High-intensity Interval Training on PGC-1 γ and VEGF Protein Contents in Skeletal Muscle of Active Men	mahdi bayati, reza gharakhanlou, maryam nikkhah, Sadegh Amani shalamzari		2018	Full Text	Original Article
36	The effect of six weeks of interval resistance training on eotaxin and brainderived neurotrophic factor serum levels in overweight young men	Vahid Fekri Kourabbaslou, , Sadegh Amani shalamzari		2018	Full Text	Original Article
37	effects of 6 weeks endurance training on Oncostatin-M in muscle and tumor tissues in mice with breast cancer	zahra manzari tavakoli, Sadegh Amani shalamzari, abdolreza kazemi	Iranian Journal of Breast Diseases	2017	Full Text	Original Article
38	the effect of the high intensity interval training on visceral and subcutaneous levels of aplin insulin and glucose plasma in wistar male rats	Sadegh Amani shalamzari, mohammad pourranjbar, reza nasirifar, mahsa berhampur, ali salmani		2017	Full Text	Original Article
39	Effects of Three Different Modes of Resistance Training on Appetite Hormones in Males With Obesity	Ali Ataieinosrat, Marjan Mosalman Haghighi, Hossein Abednatanzi, Mohammad Soltani, Abbass Ghanbari-Niaki, Akbar Nouri-Habashi,	Frontiers in Physiology		Full Text	Original Article
40	Effect of a period of cognitive-walking training with blood occlusion on muscle quality and bone density in older women	A Kargaran, S Amani-Shalamzari	Journal of Practical Studies of Biosciences in Sport		Full Text	Original Article
41	Analyzing a full season of external training load monitoring based on distance in Iranian Premier League Soccer male players	Farid Farhani, Reza Gharakhanlou, Hamid Aghaalineghad, Sadegh Amani shalamzari	Sport Sciences for Health		Full Text	
42	Association between aerobic performance and physiological responses in Yo-Yo intermittent recovery test level 2, and the futsal-specific intermittent endurance test in trained futsal players	Abdolhossein Parnow, Sadegh Amani shalamzari, Magni Mohr, Sovan Bagchi, Sulagna Dutta, Pallav Sengupta	JOURNAL OF BASIC AND CLINICAL PHYSIOLOGY AND PHARMACOLOGY		Full Text	

Presented articles

#	Title	Writer	Conference	Date	Presentation type
1	Comparison of the effect of increased blood flow restriction and exercise load on performance factors of college-active girls	saeedeh Rajabu, Sadegh Amani Shalamzari, Hamid Rjabi	National Conference on searching in Sport Science at Allameh Tabataba'i University	2018	Oral
2	physical activity among girl adolescents in Varamin city	Mahdi Bayati, Sadegh Amani shalamzari, nahid allafan, fahimeh yari	- Iran	1394/12/12	Oral
3	swimming in cold water reduces the volume of fat cells through the increase of FGF21 and UCP1 in adipose tissues	Sara Shams, Sadegh Amani shalamzari, Hamid Rajabi	- Iran	1394/12/12	Oral