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Nationality: IRANIAN

Residence : ROME, ITALY

EDUCATION

(pre-doctoral) sport science and health - Spain

Currently

University of Coruna

ERASMUS TRAINEESHIP- RESEARCH ASSISTANT_ Spain

JANUARY_2023

University of Extramedura_ department of sport science

(MASTER) Physical activity & health promotion_ Italy

JULY_2022

University of Roma Tor Vergata_ department of medicine and surgery

(BACHELOR) Physical education & sport science Instructor

JULY_2018

Training _ Iran

Islamic Azad University _ Central Tehran

(ASSOCIATION) Physical education & sport science_ Iran

JULY_2015

Safadasht Physical Education Technical Institute

(DIPLOMA) physical education & sport science_ Iran

JULY_2013

Haj Mohsen Asghar Physical Education & Sport Science Technical

WORK EXPERIENCE

STRENGTH AND CONDITIONING COACH

Currently

IN PRO CALCIO TOR SAPIENZA FOOTBALL CLUB

I am working as a co-ordinator of strength and conditioning of three different categories; U14, U16 and U19 of pro calcio Tor Spaienza football club in Elite league of Lazio region of Italy.

STRENGTH AND CONDITIONING COACH

Oct 2022_ June 2023

IN TRASTEVEVE FOOTBALL CLUB

I am working as preparatory coach of football players for two different categories in 14 and 15 years old. Activation, warm up, physical readiness, recovery and rehabilitation phase of their training have been controlling by me

REHAB TRAINER- INTERNSHIP

Mar 2022_ July 2022

IN ISOKINETIC PHYSIOTHERAPY AND REHAB CENTRE

I worked at Isokinetic clinic center in Rome as a rehab assistant for patients who injured certainly on knees and most of the patients were football players. I worked on their performance in the last phase of rehabilitation that leads them for returning to play

REHAB TRAINER- INTERNSHIP

Jan 2016_ Sep 2016

PRIVATE CARDIAC REHAB CENTRE

I worked as an exercise trainer of in-patient people mostly with cardiovascular disorders which all the activities were controlled by the cardiovascular surgery specialist

TEACHER OF PHYSICAL ACTIVITY

Sep 2015_ May 2019

IN PARTO DANESH PRIMARY SCHOOL

I worked as a physical activity coach at primary school and I was in charge of teaching to the student in 7 to 12 years old the correct way of movements and working on their body composition

LANGUAGE

Persian NATIVE

English B2

Italian B1

Dutch BEGINNER

SOFTWARE

MICROSOFT OFFICE SOFTWARES

Most useful Microsoft office applications such as **Word, power point and Excel**

GPS TO TRACK FOOTBALL PLAYERS

Collecting data from the GPS during the players activity and analyse the data through using the specific application based on GPS type

MENDELEY

Ability of using specific app to add references, citation and publication of articles which are used in researches

BODY COMPOSITION

Ability to use particular machine and analyse bio factors through results of tests which is collected by this machine

SPSS

Ability to use specific software to analyse the collected data from the tests and pre and post tests in the research processes

CERTIFICATE

UEFA C

Course of football coach certificate in the C level which were hold by FIGC (Italian football federation)

Physical fitness Coach certificate

Course of **Physical fitness and readiness** coaching licence which were hold by fitness federation of Iran

ONLINE COURSE ABOUT RESEARCH METHODOLOGY AT COURSERA

ERASMUS PLUS PROJECT which was about “**disability is not inability**” in **Romania**

ARTICLES

collaboration in research as a second author “**Variations in Cumulative Workload and Anaerobic Power in Adolescent Elite Male Football Players: Associations with Biological Maturation**” London

Published in journal ; **BMC Sport science, Medicine and Rehabilitation**

<https://doi.org/10.1186/s13102-023-00623-5>

Presenting an article of **“A comparison between heart disease patients with rehabilitation program, and heart disease patients without the program “** as a poster in **AESA congress, shomal University, Iran**

Presenting an article of **“A comparison between heart disease patients with rehabilitation program, and heart disease patients without the program “** as an oral in **2nd international Eurasian sport science congress at Alparsalan University , Turkey**

Thesis project

Considering the effect of neuroplasticity biomarker disorders on cardiovascular disorders through functional exercise rehabilitation

Discussed at **University of Tor Vergata, Italy**

Under consideration to send for publication

REFERENCE

THESIS SUPERVISOR

FERNANDO IELLAMO

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RESEARCH SUPERVISOR

HADI NOBARI

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