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Nationality: IRANIAN

Residence : ROME, ITALY

## EDUCATION

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### (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

### (ASSOSIATION) 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

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### 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 IN TRASTEVERE FOOTBALL CLUB**

**Oct 2022\_June 2023**

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**

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**Persian NATIVE**

**English B2**

**Italian B1**

**Dutch BEGINNER**

## **SOFTWARE**

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### **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

### **REFRENCE**

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#### **THESIS SUPERVISOR**

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#### **RESEARCH SUPERVISOR**

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