CURRICULUM VITAE

٢٠٢٦, Sept.

Name: Reza

Family name: Gharakhanlou- (Male)

Date of Birth: April /١١/١٩٥٨

Place of Birth: Tehran

Citizenship: Iranian

Marital Status: Married with two children

Mailing Address: Tarbiat Modares University-P.O.BOX ١٤١٥٥-٤٨٣٨ Tehran , Iran

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Academic Qualifications:

١٩٨٦: B.A in PE & Sports Sciences. Tarbiat Moallem University.Tehran- IRAN

١٩٩٢: M.A in PE & sports Sciences. Tarbiat Modares University. Tehran- IRAN

١٩٩٨: Ph.D in Exercise Physiology. Montreal University- Canada.

Employment Record:

professor at Tarbiat Modares University (since ١٩٨٧).

Administrative Experiences:

١) ١٩٨٦-١٩٨٩: Chief of Trainer Academy of Iranian Physical Education Organization.
٢) ١٩٨٩-١٩٩١: Deputy in Department of Physical Education in Tarbiat Modares University.
٣) ١٩٩١-١٩٩٢: President of Iranian University Sport Organization.

٤) ١٩٩٩-٢٠٠٢: Head of IRAN Sport Science Research Center, Ministry of Higher Education.
٥) ٢٠٠٠-٢٠٠٤: Deputy of vice president of Islamic Republic of IRAN and president of IRAN physical Education Organization.
٦) ٢٠٠٤-٢٠٠٨: Head of IRAN National Olympic Committee.
٧) ٢٠٠٨-٢٠٠٩: Congress Commission Director, Olympic Council of Asia.
٨) ٢٠٠٠-٢٠٠٤: Advisor to the Minister of Higher Education, I.R. IRAN.
٩) ٢٠٠٢-٢٠٠٤: Vice president of ASPES.
١٠) ٢٠١٥-٢٠١٩: Head of IRAN sport science association.
١١) ٢٠٠٢-٢٠٠٦: Head of planninig committee for sport science Faculties, Ministery of Higher education.
١٢) ٢٠٠٥-٢٠٠٨: President of Regional Anti-Doping Organization of Central Asia (RADOCA)
١٣) Since ٢٠١٣:Head of Strategic Studies Committee, Iran Soccer Federation
١٤) ٢٠١٣-٢٠١٨: Head of Iran Sport Science Research Institute, Ministry of Higher Education.
١٥) ٢٠١٨-٢٠٢١:Head of Iran national Olympic academy
١٦) ٢٠١٨-٢٠٢٢ : Member of ANOC Culture and Education Committee
١٧) ٢٠٢٦ : Vice Chanceller of Tarbiat Modares University

Some Researches:

١) The effects of Exercise Training on the content, axonal transport, and release of CGRP in rats.
٢) The effect of vitamin E and C supplementation on the immune response in trained men.
٣) The effect of a sub maximal swimming program on plasma ANP concentration and its relationships with blood pressure variations of Essential Hypertension in middle-age men.
٤) The effects of aerobic training on plasma APOA-١, APOB, LDL size, in the adult men.
٥) Effect of resistance training and creatine supplementation on serum levels of Myostatin and GASP-١
٦) Effect of Choline supplementation on endurance performance and muscular responses of leg muscles in trained cyclists.
٧) Effects of selected aerobic exercises on the serum paraoxonase (PON١) activity, and Lipid profile in sedentary healthy men.
٨) Effects of Endurance, Resistance and concurrent training on CGRP content and mRNA expression of CGRP receptor's Accessory proteins in Fast twitch and slow twitch Muscles of Wistar rats.

Some of Publications (articles):

١.The effect of a sub maximal swimming Program on Plasma ANP concentration, and its Relationships with Essential Hypertension in Middle-age Males. World Applied Sciences Journal (WASJ). ٥(٤):٤٥٥-٤٥٩, ٢٠٠٨

٢.The effects of aerobic exercises on the serum oxidized LDL and total antioxidant capacity in non-active men. CVD prevention and control,(٢٠٠٨), Vol.٣, pp ٧٧-٨٢

٣.Increased Activity in the form of Endurance Training increases CGRP content in lumbar motoneuron cell bodies and in Sciatic nerve in the rat. Neuroscience,(١٩٩٩)vol,٨٩ No.٤,pp.١٢٢٩-١٢٣٩

٤.Effects of Aerobic Exercises on the serum Paraoxonase١, Arylesterase Activity and lipid profile in Non-Active Healthy Men. IJSSE (International Journal of Sports Science and Engineering), (٢٠٠٧), vol.١,No٢.pp.١٠٥-١١٢

٥.CGRP expression in rat Soleus Motoneurons following endurance training. Canadian Journal of Applied Physiology, Suppl. No.٢٢,١٩٩٧.

٦. Noninvasive determination of anaerobic threshold by monitoring the %Spo٢ changes and respiratory gas exchange. Journal of Strength and Conditioning Research. Vol. ٢٣- No. ٧- Oct. ٢٠٠٩

٧. Effects of oral creatin and resistance training on serum myostatin and GASP١. Molecular and Cellular Endocrinology, (٢٠١٠), ٣١٧: ٢٥-٣٠

٨. Wireless near-infrared spectroscopy of skeletal muscle oxygenation and hemodynamics during exercise and ischemia. Spectroscopy, (٢٠٠٩), ٢٣: ٢٣٣-٢٤١

٩.Analysis of type and level of physical activities of defenders & midfielders in Iran's football premier league. PAN-ASIAN Journal of sports & Physical Education, (٢٠١٠), Vol. ٢, No. ١:٩٩-١١٠

١٠. Physiological and Performance Changes from the Addition of a Sprint Interval Program to Wrestling Training. Journal of Strength and Conditioning Research, (٢٠١١) ٢٥ (٩): ٢٣٩٢-٢٣٩٩.

١١. A practical model of low-volume high-intensity interval training induces performance and metabolic adaptations that resemble “all-out” sprint interval training, (٢٠١١) ١٠: ٥٧١-٥٧٦

١٢. Effects of aerobic exercise on lung function in overweight and obese students. Tannaffos (٢٠١١) ١٠(٣), ٢٤-٣١

١٣. Changes of plasma angiogenic factors during Chronic resistance exercise in Type I Diabetic Rats, PAKISTAN JOURNAL OF MEDICAL SCIENCES, (٢٠١٢) ٢, ٣٢٨-٣٣٢

١٤. Anthropometric measures as predictors of cardiovascular disease risk factors in the urban population of Iran. Arquivos Brasileiros de Cardiologia, (٢٠١٢) ٩٨, ١٢٦-١٣٥

١٥. Effects of Endurance and Resistance Training on Calcitonin Gene-Related Peptide and Acetylcholine Receptor at Slow and Fast Twitch Skeletal Muscles and Sciatic Nerve in Male Wistar Rats. Int. J. of Peptides (٢٠١٢): ١-٨

١٦. Individual and Concomitant Effects of Cardioprotective Programs on Cardiac Apelinergic System and Oxidative State in L-NAME-Induced Hypertension. Clinical and Experimental Hypertension. (٢٠١٢): ١-٨

١٧. Effect of resistance training on plasma nitric Oxide and asymmetric dimethylargenine concentrations in type I diabetic rats. Int. J. preventive medicine (٢٠١٣) ٢: ٧٨-٨٤

١٨. Analysis of type and level of physical activities of defenders & midfielders in Irans,s football premier league. Pan-Asian J of sport & physical education. (٢٠١٠) ٢: ١٠٠-١١٠

١٩. Exercise-Induced changes of MCT١ in cardiac and skeletal muscles of diabetic rats induced by high-fat diet and STZ. J. Physiolo. Biochem. (٢٠١٣)

٢٠. The Effect of a Submaximal Swimming Program on Plasma ANP Concentration and its Relationships with Essential Hypertension in Middle-age Males - World Applied Sciences Journal –٢٠٠٨

٢١- Noninvasive determination of anaerobic threshold by monitoring the %SpO٢ changes and respiratory gas exchange - the Journal of Strength and Conditioning Research – ٢٠٠٩

٢٢- Wireless near-infrared spectroscopy of skeletal muscle oxygenation and hemodynamics during exercise and ischemia- Journal of Spectroscopy-٢٠٠٩

٢٣- Effects of oral creatine and resistance training on serum myostatin and GASP-١ - Molecular and Cellular Endocrinology -٢٠١٠

٢٤- A practical model of low volume high-intensity Interval training induces performance and metabolic Adaptations that resemble ‘all-out’ sprint interval training – Journal of Sports Science and Medicine- ٢٠١١

٢٥- Physiological and performance changes from The addition of a sprint interval program to wrestling training – the Journal of Strength and Conditioning Research - ٢٠١١

٢٦- Effects of Aerobic Exercise on Lung Function in Overweight and Obese Students – Tanaffos (Respiration) – ٢٠١١

٢٧- Changes of plasma angiogenic factors during Chronic resistance exercise in Type I Diabetic Rats – PAKISTAN JOURNAL OF MEDICAL SCIENCES – ٢٠١٢

٢٨- Anthropometric measures as predictors of cardiovascular disease risk factors in the urban population of Iran – Arquivos Brasileiros de Cardiologia-٢٠١٢

٢٩-Effects of Endurance and Resistance Training on Calcitonin Gene-Related Peptide and Acetylcholine Receptor at Slow and Fast Twitch Skeletal Muscles and Sciatic Nerve in Male Wistar Rats - International Journal of Peptides – ٢٠١٢

٣٠- Individual and Concomitant Effects of Cardioprotective Programs on Cardiac Apelinergic System and Oxidative State in L-NAME-Induced Hypertension - Clinical and Experimental Hypertension – ٢٠١٢

٣١-Effect of resistance training on plasma nitric Oxide and asymmetric - dimethylargenine concentrations in type I diabetic rats - Int. J. preventive medicine – ٢٠١٣.

٣٢- Analysis of type and level of physical activities of defenders & midfielders in Irans,s football premier league - Pan-Asian J of sport & physical education – ٢٠١٠

٣٣-The effects of aerobic exercises on the serum oxidized LDL and total antioxidant capacity in non-active men - CVD prevention and control – ٢٠٠٨

٣٤ - Exercise-Induced changes of MCT١ in cardiac and skeletal muscles of diabetic rats induced by high-fat diet and STZ - J. Physiolo. Biochem – ٢٠١٣

٣٥ - The study of effect of resistance training on plasma S١P level and gene expression of S١P١,٢,٣ receptors in male Wistar ratsMinerva Endocrinologica-٢٠١٣

٣٦ – Expression of interleukin-١٥ and inflammatory cytokines in skeletal muscles of STZ-induced diabetic rats: effect of resistance exercise training – Endocrine -٢٠١٤

٣٧-The effect of high-fat diet and streptozotocin-induced diabetes and endurance training on plasma levels of calcitonin gene-related peptide and lactate in rats - Canadian Journal of Diabetes – ٢٠١٤

٣٨-Time course of IL-١٥ expression after acute resistance exercise in trained rats: effect of diabetes and skeletal muscle phenotype-Endocrine – ٢٠١٤

٣٩- Treadmill Training Modifies KIFδB Motor Protein in the STZ-induced Diabetic Rat Spinal Cord and Sciatic Nerve -Archives of Iranian medicine – ٢٠١٥

۴۰- Predictors of Women's Exercise Behavior Based on Developed Theory of Planned Behavior with Action and Coping Planning- Health Education & Health Promotion – ۲۰۱۳

۴۱- Determinants of Physical Activity Based on the Theory of Planned Behavior in Iranian Military Staff's Wives: A Path Analysis - Global Journal of Health Science - ۲۰۱۵

۴۲- Effects of Endurance Training on A۱۲ Acetyl Cholinesterase Activity in Fast and Slow-Twitch Skeletal Muscles of Male Wistar Rats - Zahedan Journal of Research in Medical Sciences – ۲۰۱۳

۴۳- Effect of Reduced Physical Activity on Murf-۱ and Atrogin-۱ Gene Expression in Soleus Muscle of Wistar Rats Following Endurance, Resistance and Combined Training-Scientific Journal of Rehabilitation Medicine-۲۰۲۲

۴۴- Enhancing brain health: Swimming–induced BDNF release and epigenetic influence in MS female mouse models- Journal of Ethnicity in Substance Abuse- ۲۰۲۴

۴۵-The Effect of Short-Term Eccentric Endurance Exercise on T-helper Cells Following Injection of Herpes Simplex Virus Type ۱ Glycoprotein D DNA Vaccine- Sport Physiology – ۲۰۲۳

۴۶-Velocity-Based Training; A Contemporary Method of Resistance Training: A Mini Review- Journal of Exercise and Health Science, Vol. ۰۲, No. ۰۲, Spring ۲۰۲۲

۴۷- Integrating Specific Training with C4 Supplementation to Enhance Sport-Specific Performance in Futsal Players- J Motor Control Learn. 2026 February; 8(1)

Some Published Books:

۱) I have Translated following English books to Persian, titled as:

۱-۱- Home Treatment in injury and osteoarthritis and….-by: W.T. Tucker.

۱-۲- Sport injuries, their prevention and treatment –by: Peterson and Renestrom.

۱-۳- Exercise and intracellular regulation of cardiac and skeletal muscle-by M.I. Kalinski et,al.

١-٤- Hand book of physiology: Muscular adaptation to exercise-by. Loring B. Rowell and J.T. Shepherd

١-٥- Neuromuscular aspects of physical activity -by. P.E Gardiner

١-٦- Overtraining in sports-by: R. B. Kreider et. al.

١-٧- Successful Coaching- by: Rainer Martens.

١-٨- Elite sport development, policy learning and political priorities- by Mick Green and Barrie Houlihan.

١-٩-Advanced neuromuscular exercise physiology-by phillip F. Gardiner

٢) I have compiled six books titled as followings:

١. Foundations of Physical Education.

٢. Therapeutic and corrective Exercises.

٣. Basic concepts in Aerobic Fitness.

٤. Basic concepts in Anaerobic Fitness.

٥. The role of Trophic factors in neuromuscular adaptations to physical activity.

٦. Cellular and molecular adaptations to sport training.

Courses:

-Neuromuscular Adaptations to Exercise Training

-Fatigue and Physical Activity

-Exercise/Sport Physiology

-Plasticity of CNS and Training/physical Activity