

PERSONAL INFORMATION

Mahdi Hosseinzadeh



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 Date of birth 03/06/1983

WORK EXPERIENCE

22/06/2018–Present **Assistant Professor**
 Sport Sciences Research Institute of Iran, Tehran (Iran)

 01/06/2011–01/06/2015 **Phd Student and Research Assistant**
 Aalborg University, Aalborg (Denmark)

EDUCATION AND TRAINING

01/06/2011–08/05/2015 **PhD of Biomedical Science and Engineering (Eccentric Exercise and Pain Relief Intervention).**
 Aalborg University, Aalborg (Denmark)

 01/09/2006–01/09/2009 **M. Sc. of Exercise Physiology**
 Mazandaran University, Babolsar (Iran)

 01/10/2001–01/02/2006 **B. Sc. of Physical Education and Sport Sciences**
 Shahid Rajaei University, Tehran (Iran)

PERSONAL SKILLS

Mother tongue(s) Persian

Foreign language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C1	C1	B2	B2	C1

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user
 Common European Framework of Reference for Languages

Communication skills

Comfortable in an atmosphere requiring high energy levels, the ability to handle stress and the necessity to make quick, accurate decisions.
 Enjoy working as a member of a team but able to work independently or under minimal supervision.
 Flexible and sociable.

Job-related skills

Lecturer in University (Since January, 2006 up to now), Reviewer in the ISI Journal of Clinical and Experimental Hypertension, Article-writing for ISI Journals (Holding a Certification), Research report writing (Holding a Certification), Referee in Volleyball (Holding a Certification), Coaching in

Volleyball, Swimming and Billiards, Lifeguard.

Digital skills

SELF-ASSESSMENT				
Information processing	Communication	Content creation	Safety	Problem solving
Proficient user	Proficient user	Independent user	Proficient user	Proficient user

Digital skills - Self-assessment grid

- Good command of Mr Kick II (EMG Software), OXYMON (near infrared spectroscopy software for measuring muscle oxygenation), PEDAR system (gate analysis), SPSS statistical software (Professional), data management/analysis using Microsoft Excel (Professional), MATLAB R2011b (Intermediate), MS Word 2007 (Professional), Internet (Professional), Windows (Professional).

ADDITIONAL INFORMATION

Projects

Hosseinzadeh M.: Exercise Based- Pain Relief Program: Is there any Effect of Repeated Bout of Eccentric Exercise for Relieving Musculoskeletal Pain? Aalborg Universitetsforlag. 2015. PhD Thesis.

Hosseinzadeh M, Kersting U. G., Madeleine M.: Medcovi H20 insoles test: variability of centre of pressure in healthy people during dynamic standing and gait. Center for Sensory-Motor Interaction (SMI), Department of Health Science and Technology, Aalborg University. 2013, 1-41.

Publications

Journal Papers:

- Hosseinzadeh M., Samani A., Andersen O.K., Arendt-Nielsen L., Nosaka K., Madeleine P. Ipsilateral resistance exercise prevents exercise induced-central sensitization over the contralateral limb – a randomized controlled study. *Eur J Appl Physiol.* 2015 Nov;115(11):2253-62.
- Hosseinzadeh M., Andersen O. K., Arendt-Nielsen L., Samani A., Kamavuako E. N., and Madeleine P.: Adaptation of local muscle blood flow and surface electromyography to repeated bouts of eccentric exercise. *J Strength Cond Res.* 2015 Apr;29(4):1017-26.
- Hosseinzadeh M., Andersen O. K., Arendt-Nielsen L., and Madeleine P.: Pain Sensitivity Is Normalized after a Repeated Bout of Eccentric Exercise. *Eur J Appl Physiol.*, 2013; 113(10): 2595-602.
- Ahmadian M., Dabidi Roshan V., Hosseinzadeh M.: Parasympathetic reactivation in children: influence of two various modes of exercise. *Clin Auton Res.* 2015 Aug;25(4):207-12.
- Dabidi Roshan V., Babaei H., Hosseinzadeh M. and Arendt-Nielsen L.: The effect of creatine supplementation on muscle fatigue and physiological indices following intermittent swimming bouts. *J Sports Med Phys Fitness*, 2013; 53(3):232-9.
- Abdi Hamzehkolaei H, Dabidi Roshan V, and Hosseinzadeh M.: The interactive effects of exercise type and environment temperature on HSP72 in active females. *J Sports Med Phys Fitness*, 2013; 53(1):80-7.
- Dabidi Roshan V., Hosseinzadeh S., Mahjob S., Hosseinzadeh M., and Myers J.: Endurance Exercise Training and Diferuloyl Methan Supplement: Changes in Neurotrophic Factor and Oxidative Stress Induced by Lead in Rat Brain. *Biol. Sport*, 2013; 30(1), 41-46.
- Dabidi Roshan V., Hosseinzadeh M., and Saravi M.: The effects of dehydration and rehydration on electrocardiographic and echocardiographic parameters in Greco-Roman wrestlers. *European Journal of Sport Science*, 2012; 12(1), 49-56.
- Dabidi Roshan V., Ranjbar S., Hosseinzadeh M., and Myers J.: Left Ventricular Oxidant and Antioxidant Markers Induced by Lifestyle Modification in Rats Exposed to Lead Acetate. *European Journal of Sport Science*, 2012; 12(6): 485-490.
- Dabidi Roshan V., Rahimi M., Shirinbayan V., Mahjoub S., and Hosseinzadeh M.: Protective effect of the combination of exercise and curcumin supplementation on cardiac system in rats exposed to lead.

International Journal of Nutrition and Metabolism, 2012; 4(8), 114-120.

11. Dabidi Roshan V, Asali M, Hajizadeh Moghaddam A, Hosseinzadeh M., and Myers J.: Exercise training and antioxidants: Effects on rat heart tissue exposed to lead acetate. *Int J Toxicol.*, 2011; 30(2):190-6.

12. Dabidi Roshan V., Jolazadeh T, Hosseinzadeh M., and Myers J.: Effects of Acute and Chronic Exercise on Cardiac Metallothionein in Rats. *Gazzetta Medica Italiana Archivio per le Scienze Mediche*, 2012; 171(6), 693701.

13. Dabidi Roshan V., Kasalkheh K., Hosseinzadeh M., and Myers J.: The hippocampal metallothionein-III response to aerobic regular training and administration of curcuma longa following chronic exposure to lead. *International Journal of Nutrition and Metabolism*, 2011; 3(11), 140-147.

Conferences Proceedings

1. Hosseinzadeh M., Andersen O. K., Arendt-Nielsen L., Madeleine P. A Randomized, Controlled, Crossover Study Investigating the Repeated Bout effect of Eccentric Exercise. *Medicine and Science in Sports and Exercise (ACSM)*, Vol. 45, No. 5S, Suppl. 1, 2013, p. 278-279, No. 1221.
2. Hosseinzadeh M., Dabidi Roshan V., Babaei H., Shirinbayan V., Arendt-Nielsen L. "In vs. Out of Water Recovery Methods, Performance and Inflammation Response: A Comparative Study". *Medicine and Science in Sports and Exercise (ACSM)*, Vol. 44, No. 5S, Suppl. 2, 2012, p. 301, No. 1341.
3. Hosseinzadeh M., Dabidi-Roshan V., Eslami M. "the effect of weight-bearing exercise and calcium supplementation on the tibia geometry and mechanical strength.". *Proceedings, Expert Scientific Meeting, ESM 2012, 1-4 August 2012, Aalborg, Denmark. Aalborg University/Aalborg Hospital, Aarhus University, 2012. p. 78, No. P2.*
4. Hosseinzadeh M., Dabidi Roshan V., Ashrafi J., Myers J. "Endurance Exercise Training and Curcumin Supplementation Inverses Lead-Induced Cardiotoxicity", *Medicine and Science in Sports and Exercise (ACSM)*, Vol. 44, No. 5S, Suppl. 2, 2012, p. 389, No. 1646.
5. Dabidi Roshan V., Hosseinzadeh M., Hosseinzadeh S., Myers J. "Lead, Exercise Training and Herbal Supplementation: Concomitant Neuroprotective Effects of Endurance Exercise Training and Curcumin", *Medicine and Science in Sports and Exercise (ACSM)*, Vol. 44, No. 5S, Suppl. 2, 2012, p. 534, No. 2136.
6. Hosseinzadeh M., Abdi Hamzehkolaei H, Dabidi Roshan V. "The Interactive Effects of Exercise Type (Concentric vs. Eccentric) and Ambient Temperature (Moderate vs. Normal) on HSP72 in Active Females" 16th Annual Congress of the European College of Sport, Liverpool John Moores University, Liverpool, United Kingdom, 6th-9th July 2011, Page 155.
7. Hosseinzadeh M., Dabidi Roshan V., Hoseinzadeh S., JolaZadeh T., Mahjob S. "Lead Acetate, and Oxidant/Antioxidant, Inflammatory and Neurotropic-Markers: Neuro and Cardio-protective Effects of Exercise Training and Curcumin" 16th Annual Congress of the European College of Sport, Liverpool John Moores University, Liverpool, United Kingdom, 6th-9th July 2011, page 519-520. (oral presenting).
8. Dabidi Roshan V., Hosseinzadeh M., Zare H., and Saravi M. "Effect of dehydration and rehydration on electrocardiogram of wrestlers after an arm ergometer test," *Proceeding of the 11th Iranian Congress of Physical Medicine, Rehabilitation & Electrodiagnosis, Shiraz University of Medical Sciences, Shiraz, Iran, Oct. 22-24, 2008, page 203.*
9. Tayebi-e Sani S.M., Fatemi S.A., Zare-e Bahram Abadi H. , Baghemejad M., and Hosseinzadeh M. "Study of lifestyle of patients suffering from apoplexy referred to Imam Reza Hospital in Amol, before and after physiotherapy," *Proceeding of the 11th Iranian Congress of Physical Medicine, Rehabilitation & Electrodiagnosis, Shiraz University of Medical Sciences, Shiraz, Iran, Oct 22-24, 2008, page 174.*
10. Hosseinzadeh M., and Dabidi Roshan V. "Influence of hydration statues on some of the Electrocardiographic and Echocardiographic Parameters and its Relation to Performance of Greco-Roman Wrestlers," *Proceeding of the first national congress on sport physiology, Razi university of Kermanshah, Kermanshah, Iran, March, 2009, page 1-4. (oral presenting).*
11. Hosseinzadeh M., Dabidi Roshan V., Saravi M., and Mohammadi Z.F. "The effect of sauna on ECG, Is dehydration in sauna related with ventricular arrhythmias and sudden death in wrestlers?," *Proceeding of the first national congress on sport physiology, Razi university of Kermanshah, Kermanshah, Iran, March, 2009, page 1-4.*
12. Ghanbari A., and Hosseinzadeh M. "Effect of One Session Eccentric Resistance Exercise on Some of Immune System Factors on Inactive Man," *Proceeding of the National conference of sport*

physiology & psychology, Islamic Azad university Aliabad Katool Branch, Mazandaran, Iran, December 14, 2009.

13. Hosseinzadeh M. "Effect of weight loss on ECG of wrestlers," 5th Asia-Oceania conference on obesity, Renaissance Convention Center, Mumbai, India, 5–8 February, 2009.

References

- Prof. Pascal M. Madeleine, one of my Ph.D. supervisors, Aalborg University, Fredrik Bajers Vej 7, D3-201, 9220 Aalborg East, Denmark. Phone: (+45) 9940 8833. Email: pm@hst.aau.dk
- Prof. Jonathan Myer, collaborator in several previous projects, Stanford University, Cardiology 111-C, VA Palo Alto Health Care System, 3801 Miranda Ave, Palo Alto, CA 94304, USA. Phone: (+1)(650) 493-5000 x64661, Fax: (+1)(650) 852-3473. Email: drj993@aol.com