

Farhad Gholami

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Personal Information

Birth: March 21, 1987

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Education

Ph.D. Exercise Physiology

2012-2015

University of Tabriz, Tabriz, Iran

Thesis: *Effect of 12 weeks aerobic training on glucose control and neural conduction in type-2 diabetic men with peripheral neuropathy*

MSc. Exercise Physiology

2009-2011

Shahid Beheshti University, Tehran, Iran

Thesis: *Effect of endurance training and garlic supplementation on main determinants of hemorheology in sedentary individuals.*

BSc. Physical Education & Sport Sciences

2005-2009

Shahid Madani University of Azarbaijan, Tabriz, Iran

Publications

Book Translation

Nutrition for Elite Athletes (2016)

Published by Shahid Madani University of Azarbaijan, 2016

Article

1. *Tomato Powder is More Effective Than Lycopene to Alleviate Exercise-induced Lipid Peroxidation in Well-trained Male Athletes. Randomized, Double-blind Cross-over Study.* (Journal of International Society of Sport Nutrition 2021)
2. *Resistance training improves nerve conduction and arterial stiffness in older adults with diabetic distal symmetrical polyneuropathy: A randomized controlled trial.* (Experimental Gerontology 2021)
3. *High-intensity interval training ameliorates high-fat diet-induced elevation of aminotransferases in male Wistar rats.* (Journal of Shahrekord University of Medical Sciences 2021)
4. *The effect of different intensities of aerobic exercise before glucose ingestion on subsequent central arterial stiffness in active and inactive women.* (Journal of Practical Studies of Biosciences in Sport 2021) [**Persian**]
5. *Effect of Eight Weeks of Exercise with Different Intensities on the Gene Expression of Decorin and Muscular TGF- β in the Male Adult Rats.* (Journal of Ilam University of Medical Sciences 2021) [**Persian**]
6. *Effect of resistance training on posture control components in women with diabetic peripheral neuropathy.* (Medical Journal of Tabriz University of Medical Sciences and Health Services 2021) [**Persian**]
7. *Message Enhances Recovery Following Exercise-induced Muscle Damage in Older Adults* (Scandinavian Journal of Medicine and Science in Sports 2020)
8. *Simultaneous Effect of Aerobic Training and Garlic Supplementation on Resting Levels of Serum Amino Transferases in Obese Men.* (Medical Journal of Tabriz University of Medical Sciences and Health Service 2020) [**Persian**]
9. *Cycle Training Improves Vascular Function and Neuropathic Symptoms in Patients with Type 2 Diabetes and Peripheral Neuropathy: A Randomized Controlled Trial.* (Experimental Gerontology 2020)
10. *Supplementation of inorganic sodium nitrate at high doses increases plasma peroxynitrite levels in trained subjects.* (Journal of Applied Physiology, Nutrition and Metabolism 2019).
11. *Effect of aerobic training on nerve conduction in men with type 2 diabetes and peripheral neuropathy: A randomized controlled trial.* (Neurophysiologie Clinique/Clinical Neurophysiology 2018).
12. *Effect of 12-week Resistance Training on Clinical Symptoms and Quality of Life in Type-2 Diabetic Men with Peripheral Neuropathy.* (Joundishapur Scientific Medical Journal 2020) [**Persian**]

13. *The Effect of High-intensity Interval Training (HIIT) and Caffeine Supplementation on BDNF and GDNF in Streptozotocin-induced Diabetic Rats.* (Journal of Kerman Medical University 2020).
14. *The Effect of High-Intensity Interval Training on Apoptotic Genes Expression in Rat Myocardial Tissue* (Gene, Cell and Tissue 2020)
15. *Effect of High Intensity Interval Training and Honey Consumption on some Inflammatory Indices in Sedentary Subjects* (International Journal of Health Studies 2020)
16. *Acute Garlic Supplementation Ameliorates Exercise-Induced Lipid Peroxidation in Sedentary Individuals.* (International Journal of Health Studies 2020)
17. *Anti-Inflammatory Effects of Garlic Consumption and Regular Exercise in Sedentary Overweight Individuals* (Hormozgan Medical Journal 2020)
18. *Effect of twelve weeks aerobic training on cardiac p53 and AIF gene expression in male rats.* (Medical Journal of Tabriz University of Medical Sciences and Health Services 2018) [Persian]
19. *Effect of 12-week aerobic training on metabolic control in type-2 diabetic men with peripheral neuropathy.* (Medical Journal of Tabriz University of Medical Sciences and Health Services, 2017) [Persian]
20. *Effect of six weeks of Swimming training and Aloe vera extract supplementation on serum levels of cyclooxygenase-2 and vascular endothelial growth factor in mice with breast cancer.* (Qom University of Medical Sciences, 2017) [Persian]
21. *Effect of aerobic training on retinol binding protein-4 and insulin resistance in women with metabolic syndrome.* (Metabolism and Exercise, A Biannual Journal 2016) [Persian]
22. *Effect of acute exercise on serum vaspin levels and its relation to insulin sensitivity in overweight elderly men* (Zahedan Journal of Research and Medical Sciences 2014).
23. *The Effect of Aerobic Training Combined with Garlic Supplementation on Some Inflammatory Markers in Sedentary Individuals* (Medical Journal of Tabriz University of Medical Sciences and Health Service, 2013) [Persian]
24. *Effect of endurance training and garlic supplementation on main determinants of hemorheology in sedentary individuals.* (Medical Journal of Tabriz University of Medical Sciences and Health Services 2013) [Persian]

Current Projects

- Effect of exercise in fasted and fed state on appetite hormones in obese individuals
- Caffeine and endurance exercise performance: A systematic review and meta-analysis
- Exercise and brain-derived nerve growth factor in the elderly: A meta-analysis of randomized-controlled trials

Reviewer at

- Journal of Diabetes Research and Clinical practice
- Journal of Clinical Neurophysiology/ Neurophysiologie Clinique
- Medical Journal of Tabriz University of Medical Sciences and Health Services
- Razi Journal of Medical Sciences
- Scientific Journal of Rehabilitation Medicine

Research Interests

- Sport Nutrition, Sports Periodization and Athletic Performance
- Exercise and Diabetes

Teaching

- Sport Nutrition
- Sport Periodization
- Exercise Biochemistry and Bioenergetics

Workshops

- Principles of Sports Nutrition
- Sports Supplements for Recovery
- Principles of Periodization for Resistance Training
- Weight Management for Competition in Weight-class Sports
- Sports Nutrition for Martial Arts

- Principles of Sports Periodization in Martial Arts
- Sports Nutrition in Basketball
- Exercise Prescription for Type-2 Diabetes

Athletic Background

Coach of

- *Karate*
- *Physical Fitness*
- *Swimming*
- *Bodybuilding*

Achievements

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| - <i>5th international karate tournament Istanbul-Turkey, 2004</i> | <i>Bronze</i> |
| - <i>8th Unity and Friendship Cup International Karate Tournament -Tehran, Iran, 2008</i> | <i>Bronze</i> |
| - <i>National Karate Championship – Karaj-Iran, 2006</i> | <i>Silver</i> |
| - <i>National Karate Championship – Tehran-Iran</i> | <i>Bronze</i> |
| - <i>5th Sport-Cultural University Students Olympiad, Yazd, 2008</i> | <i>Gold</i> |
| - <i>Experience in national karate team membership</i> | <i>3 years</i> |
| - <i>Participation in Iranian Karate Super-League</i> | <i>5 years</i> |

Experience of laboratory techniques

- Experience as laboratory technician (Gas analysis -MetaMax 3B, Cortex, CPET Germany, laboratory-based tests such as aerobic and anaerobic tests, ...)
- Phlebotomy
- Body fat percent measurements using Caliper

Hobbies

Playing musical instruments (Setar & Santoor)

Travel, Hiking, Backpacking

Swimming