

Farhad Gholami

Curriculum Vitae

Personal Information

Birth: March 21, 1987

Address: Faculty of Sports Sciences, Shahrood University of Technology, Tehran St., Shahrood, Iran.

Cell: +98 (0)9365827050, +98 (0)9144190729

Mail: Gholami-fa@shahroodut.ac.ir

Web: <https://shahroodut.ac.ir/en/as/?id=S818>

Google Scholar: <https://scholar.google.com/citations?user=vuHc1ggAAAAJ&hl=en>

Instagram: [Dr.Farhad.Gholami](#)

Current Position

Associate Professor of Exercise Physiology

Faculty of Sport Sciences, Shahrood *University of Technology, Shahrood, Iran*

Tel: +98 2332395900

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 (Sport Physiology)

2005-2009

Shahid Madani University of Azarbaijan, Tabriz, Iran

Employment

Assistant Professor of Exercise Physiology

2015-2021

Faculty of Sport Sciences, Shahrood University of Technology, Shahrood, Iran

Associate Professor of Exercise Physiology

2021-Present

Faculty of Sport Sciences, Shahrood University of Technology, Shahrood, Iran

Publications

Book Translation

Nutrition for Elite Athletes (Eric S. Rawson, Stella Volpe - 2016)

Published by Shahid Madani University of Azarbaijan, 2016

Sport Nutrition (Aske Jeukendrup & Michael Gleeson - 2024)

Published by Shahrood University of Technology, 2024

Article

(* Corresponding Author)

1. **F Gholami**, J Mesrabadi, M Iranpour, A Donyaei. *Exercise Ttraining Aalters Rresting Bbrain-Dderived Nneurotrophic Ffactor Cconcentratiion in Oolder Aadults: A Ssystematic Rreview with meta-analysis of Rrandomized-controlled Ttrials*. *Experimental Gerontology* 2024.
2. **F Gholami***, J Antonio, M Iranpour, J Curtis, F Pereira. *Does green tea catechin enhance weight-loss effect of exercise training in overweight and obese individuals? a systematic review and meta-analysis of randomized trials*. *Journal of the International Society of Sports Nutrition* 2024.
3. **F Gholami***, A Naderi, A Saeidpour, JP Lefaucheur. *Effect of exercise training on glycemic control in diabetic peripheral neuropathy: A GRADE assessed systematic review and meta-analysis of randomized-controlled trials*. *Primary Care Diabetes*. 2024.

4. **Gholami F***, Ali A, Hasani A, Zarei A. *Effect of Beta-Alanine Supplementation on Exercise-Induced Cell Damage and Lactate Accumulation in Female Basketball Players: a Randomized, Double-Blind Study*. Journal of Human Kinetics. 2022;83(1):99-107.
5. **Gholami F***, Antonio J, Evans C, Cheraghi K, Rahmani L, Amirnezhad F. *Tomato powder is more effective than lycopene to alleviate exercise-induced lipid peroxidation in well-trained male athletes: randomized, double-blinded cross-over study*. Journal of the International Society of Sports Nutrition. 2021;18(1):1-7.
6. **Gholami F***, Khaki R, Mirzaei B, Howatson G. *Resistance training improves nerve conduction and arterial stiffness in older adults with diabetic distal symmetrical polyneuropathy: A randomized controlled trial*. Experimental Gerontology. 2021;153:111481.
7. Naderi A, Aminian-Far A, **Gholami F**, Mousavi SH, Saghari M, Howatson G. *Massage enhances recovery following exercise-induced muscle damage in older adults*. Scandinavian Journal of Medicine & Science in Sports. 2021;31(3):623-32.
8. **Gholami F***, Nazari H, Alimi M. *Cycle training improves vascular function and neuropathic symptoms in patients with type 2 diabetes and peripheral neuropathy: a randomized controlled trial*. Experimental Gerontology. 2020;131:110799.
9. **Gholami F***, Rahmani L, Amirnezhad F, Cheraghi K. *High doses of sodium nitrate prior to exhaustive exercise increases plasma peroxynitrite levels in well-trained subjects: randomized, double-blinded, crossover study*. Applied Physiology, Nutrition, and Metabolism. 2019;44(12):1305-10.
10. **Gholami F***, Nikookheslat S, Salekzamani Y, Boule N, Jafari A. *Effect of aerobic training on nerve conduction in men with type 2 diabetes and peripheral neuropathy: A randomized controlled trial*. Neurophysiologie Clinique. 2018;48(4):195-202.
11. A Donyaei, M Rojhannezhad, **F Gholami**. *Correlation between arterial stiffness response following glucose ingestion and aerobic exercise with baseline low-density lipoprotein cholesterol of inactive individuals*. Journal of Practical Studies of Biosciences in Sport 2024.
12. Z Karimzadeh, **F Gholami**, F Sheykhpour. *Comparison of the effect of submaximal exercise with and without caffeine consumption on alpha-amylase, leptin, glycemic indices and energy intake in obese and overweight people*. Journal of Applied Health Studies in Sport Physiology. 2024
13. A Donyaei, M Rojhannezhad, **F Gholami**. *Correlation between arterial stiffness response following glucose ingestion and aerobic exercise with baseline Low-density lipoprotein (LDL) in inactive individuals*. Journal of Practical Studies of Biosciences in Sport. 2023
14. Donyaei A, Shabani F, **Gholami F**. *Effect of combined training and subsequent detraining on plasma apelin levels in women with type 2 diabetes*. Journal of Applied Health Studies in Sport Physiology. 2022.
15. Donyaei A, Taghiabadi FS, **Gholami F**. *The effect of different intensities of aerobic exercise before glucose ingestion on subsequent cardio-ankle vascular index in active and inactive women*. Journal of Practical Studies of Biosciences in Sport. 2022;10(22):66-73.

16. Nayeypoor P, Bashiri J, **Gholami F**. *Effect of Endurance Training and High-Fat Diet on Serum Interleukin-6 and 17 Levels in Male Wistar Rats*. Hormozgan Medical Journal. 2022;26(1):12-6.
17. Asqari Q, **Gholami F**, Bashiri J, Donyaie A. *High-intensity interval training ameliorates high-fat diet-induced elevation of aminotransferases in male Wistar rats*. Journal of Shahrekord University of Medical Sciences. 2021;23(3):111-5.
18. Vosadi E, **Gholami F**, Mortazavi E. *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;29(2):86-94.
19. Rezaei N, **Gholami F***, Naderi A, Saeidi M. *Effect of resistance training on posture control components in women with diabetic peripheral neuropathy*. Medical Journal of Tabriz University of Medical Sciences. 2021;42(6):764-72.
20. Zahedi P, Bashiri J, **Gholami F**. *Simultaneous effect of aerobic training and garlic supplementation on resting levels serum of amino transferases in obese men*. Medical Journal of Tabriz University of Medical Sciences. 2020;42(5):581-90.
21. **Gholami F***, Bemani D, Naderi A, Rezaei N. *Effect of 12-week resistance training on clinical symptoms and quality of life in type-2 diabetic men with peripheral neuropathy*. Jundishapur Scientific Medical Journal. 2020;19(3):267-75.
22. Sadeghi A, Pourrazi H, Noori M, **Gholami F**. *The Effect of High-Intensity Interval Training (HIIT) and Caffeine Supplementation on Brain-derived Neurotrophic Factor and Glial Line-derived Neurotrophic Factor in Streptozotocin-Induced Diabetic Rats*. Journal of Kerman University of Medical Sciences. 2021;28(1):21-31.
23. Pourrazi H, Asgharpour-Arshad M, **Gholami F**, Abbasi S. *Effect of high-intensity interval training on apoptotic gene expression in rat myocardial tissue*. Gene, Cell and Tissue. 2020;7(2).
24. Amanollahi N, Tartibian B, **Gholami F**. *Effect of high intensity interval training and honey consumption on some inflammatory indices in sedentary subjects*. International Journal of Health Studies. 2020;6(2).
25. **Gholami F**, Naderi A. *Acute Garlic Supplementation Ameliorates Exercise-Induced Lipid Peroxidation in Sedentary Individuals*. International Journal of Health Studies. 2020;6(1).
26. **Gholami F***, Bashiri J, Amanollahi N. *Anti-Inflammatory Effects of Garlic Consumption and Regular Exercise in Sedentary Overweight Individuals*. Hormozgan Medical Journal. 2020;24(2):e103143-e.
27. Ghorbanalizadeh M, **Gholami F**. *Effect of 12-week aerobic training on cardiac p53 and AIF gene expression in male rats*. Medical Journal of Tabriz University of Medical Sciences. 2020;42(3):310-8.
28. Nikukheslat SD, **Gholami F***, Salek-Zamani Y, Jafari A, Faraji E. *Effect of 12-week aerobics training on metabolic control in type-2 diabetic men with peripheral neuropathy*. Medical Journal of Tabriz University of Medical Sciences. 2017;39(6):21-8.

29. Azali Alamdari K, **Gholami F**. *Effect of aerobic training on retinol binding protein-4 and insulin resistance in women with metabolic syndrome*. *Metabolism and Exercise*. 2017;5(2):109-19.
30. Bashiri J, Rahbaran A, **Gholami F***, Ahmadizad S, Nikookheslat S, Moradi A. *The effect of acute exercise on serum vaspin level and its relation to insulin sensitivity in overweight elderly men*. 2014.
31. **Gholami F***, Ebrahim K, Ahmadizad S, Ebrahimi H. *The Effect of Garlic Supplementation on the Main Determinants of Hemorheology in Inactive Individuals Who Underwent Endurance Training*. *Medical Journal of Tabriz University of Medical Sciences*. 2013;34(5):53-9.

Teaching

Teaching as assistant professor and associate professor of exercise physiology at undergraduate and postgraduate levels including the courses listed below

- Sport Physiology
- Sport Nutrition
- Sport Periodization & Athletic Conditioning
- Exercise Biochemistry and Bioenergetics
- Ergogenic Aids and Sport Supplements

Supervision

Supervisor of Master's students (Completed)

- **Afsaneh Zarei** (M. Sc) (**Thesis:** *Effect of Beta-Alanine Supplementation on Aerobic and Anaerobic capacity and Responses of Blood Lactate and Some Indices of Muscle Damage to A Single Bout of Exhaustive Exercise in Female Basketball Players*)
- **Hamieh Nazari** (M. Sc) (**Thesis:** *Effect of Aerobic Exercise on Glycemic Control and Measures of Blood Flow in Superficial Femoral Artery in Type-2 Diabetic Men with Peripheral Neuropathy*)
- **Davoud Bemani** (M. Sc) (**Thesis:** *Resistance exercise safety and its effect on clinical signs and quality of life of type 2 diabetic patients with peripheral neuropathy*)
- **Fatemeh Miri** (M. Sc) (**Thesis:** *Effect of Circuit Resistance Training on Happiness, General Health and Glycemic Control in Type 2 Diabetic Men with Peripheral Neuropathy*)
- **Batol Mirzaei** (M. Sc) (**Thesis:** *The effect of circuit resistance training on arterial stiffness in type 2 diabetic men with peripheral neuropathy*)

- **Razieh khaki** (M. Sc) (**Thesis:** *Effect of circuit Resistance Training on the lower limb sensory- motor nerves function in Men with type 2 Diabetes and peripheral neuropathy*", Msc Thesis, Shahrood University of Technology)
- **Ghazaleh Asghari** (M. Sc) (**Thesis:** *"Effect of High-intensity Interval Training and High-fat Diet on Serum Aminotransferases levels in Male Wistar Rats*)
- **Elham Mortazavi** (M. Sc) (**Thesis:** *"Effect of Eight Weeks of Exercise with Different Intensities on the Gene exppression of Decorin and Muscular TGF- β in the Male Adult Rats*)
- **Abolfazl Khosravi** (M. Sc) (**Thesis:** *" The effect of 8 weeks of Concurrent training in fasted and fed on ghrelin appetite in obese people"*)
- **Fatemeh Mordi** (M. Sc) (**Thesis:** *" Effect of exercise training on resting BDNF concentration in older adults: A systematic review and meta-analysis of randomized-controlled trials"*)
- **Farzaneh Sadeghi** (M. Sc) (**Thesis:** *" Effect of exercise training on glycemic control in diabetic peripheral neuropathy: A GRADE assessed systematic review and meta-analysis of randomized-controlled trials"*)
- **Fatemeh Moradi** (M. Sc) (**Thesis:** *" Effect of exercise training on Brain-derived nerve growth factor: A systematic review and meta-analysis of randomized-controlled trials"*)
- **Mohadeseh Iranpour** (M. Sc) (**Thesis:** *" Effect of energy-matched continuous vs. high-intensity interval training with weight-loss diet on glycemic control in individuals with type-2 diabetes"*)

Supervisor of Master's and PhD students (In Progress)

- **Zahra Shakeri** (PhD) (**Thesis:** *" Metabolic effects of Concurrent Training with Early versus Delayed Fasting in obese individuals: A randomized-controlled trial"*)
- **Mastaneh Seifabadi** (PhD) (**Thesis:** *" Health benefits of fasting versus continuous calorie restriction in obese individuals: A randomized-controlled trial"*)
- **Asma Hasani** (M. Sc) (**Thesis:** *"Effects of nitric oxide precursors on fuel selection and time to exhaustion in trained individuals" A randomized cross-over study"*)

Workshops (Invited)

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| - Principles of Sports Nutrition | General Administration of Sport and Youth (GASY) (East Azerbaijan) |
| - Sports Supplements for Recovery | Shahrood University of Technology |
| - Principles of Periodization for Resistance Training | Shahrood University of Technology |
| - Weight Management for Competition in Weigh-class Sports | GASY (East Azerbaijan) |
| - Sports Nutrition for Martial Arts | GASY (East Azerbaijan) |
| - Principles of Sports Periodization in Martial Arts | GASY (East Azerbaijan) |

- Sports Nutrition in Basketball GASY (Semnan)
- Exercise Prescription for Type-2 Diabetes GASY (East Azerbaijan)
- Sport Nutrition for Karate Athletes Iranian Karate Federation
- Sport Nutrition for Taekwondo Athletes Shahrood, Taekwondo Complex
- Sport-Specific Conditioning for Basketball Shahrood University of Technology (National Collegiate basketball games)
- Meta-analysis in Clinical Trial Studies Shahrood University of Technology

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
- Journal of Applied Health Studies in Sport Physiology

Awards and Honors

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| Member of Iran's National Elite Foundation | 2013-2015 |
| Honored In the List of Top athletes of East Azerbaijan Province | 2006-2010 |

Athletic Background

Certified Coach

- *Physical Fitness* Iran Sport for all Federation - 2007
- *Swimming* Swimming Federation of Iran - 2015
- *Bodybuilding* Certificate of Iranian Bodybuilding and Fitness Federation - 2017
- *Karate* Iran Karate Federation

Athletic Achievements

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

Professional Experience

- Sport Nutritionist of Iranian National Karate Teams 2024
- Sport Nutrition Consultant of Karate Players (Premier League) 2023
- Sport Nutrition Consultant of Basketball Players (Premier League) 2023
- Personal Conditioning Coach of Basketball Players (Premier League) 2023

Experience of laboratory techniques

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

Hobbies

Playing musical instruments (Setar & Santoor)

Travel, Hiking, Backpacking

Swimming and running