

Dr. Vahid Sari-Sarraf

Associate prof.

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Educational Background:

Certificate Degree	Field of Specialization	Name of Institution Attended	Date Received
PhD	Exercise Physiology	Liverpool John Moores University	2007
MPhil	Exercise Physiology	Liverpool John Moores University	2005
MA	Physical Education	Teacher Training University	1994
BA	Physical Education	Teacher Training University	1991

Title of Post-Graduate Thesis: Investigation of relationship between "RPE" and "HR" changes in progressive exercises.

Title of Doctorate Thesis: The Effects of Soccer- Specific Intermittent Exercise on Salivary IgA Responses

Teaching Experiences:

1994Title of Course	Level	Dates		Name of Institution
		From	To	
Advanced Exercise Physiology	PhD	2012	Cont.	University of Tabriz
Neuromuscular Aspects of Physical Activity	PhD	2012	Cont.	University of Tabriz
Exercise Immunology	PhD	2011	Cont.	The University of Tabriz
Developmental Exercise Physiology	MA -BA	2007	2013	The University of Tabriz
Exercise Physiology	MA- BA	1994	cont.	The University of Tabriz, Teacher Training institutes, Medical schools
Human Physiology	MA- BA	1995	Cont.	The University of Tabriz & Azad Tabriz Univ.
Special Physical Education	BA	1994	2012	The University of Tabriz
Measurement of Physical Education	BA	1994	2003	The University of Tabriz
Health and Physical Education	BA	1994	Cont.	The University of Tabriz
Badminton	BA	1994	Cont.	The University of Tabriz
Basketball	BA	1994	Cont.	The University of Tabriz
Physical Fitness	BA	1994	Cont.	The University of Tabriz

Administrative Responsibilities:

Job Title	Place of Work	Date		Name of Institution
		From	To	
Deputy of Dean	Faculty of Education	2002	2003	The University of Tabriz
Director of Dept.	Exercise Physiology	2010	2017	The University of Tabriz
Researcher	Tehran /IRAN	1993	1994	National Olympic Committee
Researcher	Tehran/IRAN	1993	1994	Spinal Cord Injury Center

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Academic Positions:

Title of Position	Field of Specialization	Date		Name of Institution
		From	To	
Researcher	Exercise Physiology	1995	2003	School of Medical Science
Lecturer	Physical Education	1994	2003	The University of Tabriz

Publications:

A: Books

Title	Type of Work		Publisher	Date of Publication
	Translation	Compilation		
Recovery in Sports		*	The university of Tabriz	2017
The world of Happiness (Book chapter)		*	Progeone	2012
Hygiene in Sport		*	The university of Tabriz	2006
Coach's Guide to Nutrition and Weight Control	*		The university of Tabriz	1999
The Sport Preparticipation Fitness Examination	*		Astan Gods	1997

B: Papers

Title of Paper	Place of Publication	Date of Publication
The effect of creatine monohydrate supplementation on apoptosis at acute resistance exercise in middle aged men [In Persian]	Iranian Journal of nutrition sciences and food technology	2017
Cardiac fibrosis and down regulation of GLUT4 in experimental diabetic cardiomyopathy are ameliorated by chronic exposures to intermittent altitude	J Cardiovasc Thorac Res	2016
Acute Exercise and Appetite-Regulating Hormones in Overweight and Obese Individuals: A Meta-Analysis.	J Obes	2016
Fatigue and soft tissue vibration during prolonged running	Human Movement Sci.	2015
A combined continuous and interval aerobic training improves metabolic syndrome risk factors in men	International Journal of General Medicine	2015
Comparison of acute ingestion of carbohydrate and L- carnitine on duration time and heart rate variability during recovery from graded aerobic exercise in male college athletes [In Persian]	Metabolism and Physical Activity J	2015
Comparing the effects of combined endurance-resistance training versus resistance-endurance on growth hormone and IGF-1 in non-athletes prepubertal girls[In Persian]	Journal of Kashan University of Med Sci	2015

The effect of grape seed extract supplementation on lipid profile and high-sensitivity C-reactive protein levels after aerobic exercise in non-athlete males [In Persian]	Journal of Kashan University of Med Sci	2015
The effect of an exhausting bout of aerobic exercise and cocoa consumption on blood fibrinogen of elite karate –do males [In Persian]	Quarterly J Sabzevar Univ Med Sci.	2015
The Effects of Short-term Grape Seed Extract (GSE) Supplementation on Malondialdehyde and Serum Creatine Kinase Subsequent to Aerobic Exercise in Men [In Persian]	Modern Olympic	2015
The effects of acute exercise on salivary IgA, cortisol, α -amylase and total protein in female swimmers [In Persian]	Metabolism and Physical Activity J	2014
The effect of quadriceps fatigue following eccentric and concentric contractions on force perception in knee joint	Indian J Fundamental and Appl Life Sci	2014
Comparing the pyramidal and reverse pyramidal resistance training on changes in AST, ALD, CK and IGF-1 enzymes in non-athlete adolescents [In Persian]	Exercise Physiology Research	2014
Assessment of the interaction between time of day and menstruation on the indices of physical fitness of athletes and non-athletes [In Persian]	Applied exercise Physiology Bulletin	2014
Assessment of the dietary supplements among elite wrestlers in Iran	Modern Olympic	2014
Effect of 30 hours sleep deprivation on physical fitness factors of active male college [In Persian]	J Biomotor Sci.	2014
The effect fourteen days vitamin C, E supplementation on indicators of oxidative defense and lipid peroxidation after anaerobic activity in fast skater teen boys [In Persian]	Modern Olympic	2013
Ethical aspects of research with children [In Persian]	J Medical Ethics	2013
Study of emotional and affective mode due to single and double soccer-specific intermittent exercise [In Persian]	Motor Behavior	2013
Short-term effects of cocoa on blood platelet agents after progressive exercise to exhaustion in male athletes [In Persian]	Modern Olympic	2012
The effect of concurrent exercise on cell damage serum indices and testosterone to cortisol ration in non-athlete males	Annals of Biol Research	2012
The effect of concurrent exercise on testosterone to cortisol ratio in non-athlete males	Annals of Biol Research	2012
The impact of short-term Q ₁₀ coenzyme supplementation on plasma lactate and total serum creatine kinase after an aerobic activity in male students	Metabolism and Physical Activity J	2012
Relationship between strength and power as well as testosterone/cortisol ratio in male weight lifters	Annals of Biol Research	2012
The effect of fourteen days coenzyme Q ₁₀ supplementation following exhaustive exercise on plasma lactate and serum CK in male rock climber [In Persian]	Modern Olympic	2012
The effect of exercise on ovarian morphology, gonadotropins and maximal oxygen uptake in women with polycystic ovary syndrome [In Persian]	Exercise Physiology J	2012
The effects of a soccer match on the salivary flow rate, IgA, response and total protein in Soccer players [In Persian]	Applied exercise Physiology Bulletin	2012
The acute effect of caffeine and ibuprofen on RPE, RM, PPI at resistance exercise in male athletes [In Persian]	J Exercise Physiology and Physical Activity	2012
The effect of different levels of Menstruation and exhaustive aerobic exercise on plasma homocysteine and hs-CRP levels in female athletes [In Persian]	Life Sci Sport	2011
Effects of different stages of the menstrual cycle on some physiological indices of female athletes [In Persian]	Olympic	2011
Soccer and training specificity principle: A non- invasive estimation of lactate threshold	World Journal of Sport Sciences	2011
Effects of carbohydrate beverage ingestion on the salivary IgA response to intermittent exercise in the heat	Int J Sports Med	2011

The effect of two dosage of BCAA supplementation on wrestler's muscular serum damage indexes [In Persian]	Zahedan Med Sci J	2011
Interaction effect of aerobic exercise and time of day on blood coagulation and platelet indices in untrained young men. [In Persian]	Applied exercise Physiology Bulletin	2010
The relationship between blood and saliva lactate concentration to estimate the and non-invasive lactate threshold using small ground game in football (SSG) [In Persian]	Research in Sport Sci	2010
Relationship between salivary lactate concentration with blood lactate and heart rate	World Applied Sciences Journal	2010
Study of bibliometric books that have been translated in various fields of Physical Education and Sport Sciences to 2009 [In Persian]	Educational Sci	2009
Sports of Azerbaijan in the literature [In Persian]	Baharestan (Parliament J)	2009
Changes of mucosal immune responses in soccer players in different position in a single bout of soccer [In Persian]	J Mazand Univ Med Sci	2009
Effects of repeated bouts of soccer-specific intermittent exercise on salivary IgA	Int J Sports Med	2008
The effects of single and repeated bouts of soccer-specific exercise on salivary IgA	Archives of Oral Biology	2007
Salivary IgA Response to Intermittent and Continuous Exercise.	Int J Sports Med	2006
A comparison of salivary IgA responses to intermittent and continuous exercise.	J Sports Sciences	2005
Investigating the relationship between happiness and personality traits in athletes and non-athletes students of Tabriz University	Research in Sport Sci.	2001
Assessment of RBC indices after high intensity exercise in young male athletes[In Persian]	Harekat (Tehran Uni. J)	2000
Carotid baroreflex response in young male athletes [In Persian]	Olympic	2000

Research activities:

Title of Project	Place of Work	Dates	
		From	To
Effect of exercise on Irisin in obese women	University of Tabriz	2016	Cont.
Effects of aerobic and exhaustive exercise on salivary and serum total antioxidant capacity in sedentary men	University of Tabriz	2015	2016
The effect of creatine monohydrate supplementation on apoptosis at acute resistance exercise in middle aged men	University of Tabriz	2015	2016
Time of day effect on the test results of the evaluation of physical education in female students	University of Tabriz	2014	2015
The effects of Futsal match on salivary IgA, cortisol, totak protein and alpha amylase in female Futsal players	University of Tabriz	2014	2015
Effect of two HIIT and aerobic training methods on FVC, FEV1, FEV1/FVC, O2 pluse max and body composition in overweight young female	University of Tabriz	2013	2015

Effects of 10 weeks jumping rope training on physical fitness in high school male non-athletes students	University of Tabriz	2013	2014
Effects of acute and chronic pyramidal and reverse-pyramidal resistance training on cellular damage and growth markers in non-athlete male adolescents	University of Tabriz	2012	2013
The effect of quadriceps muscle fatigue following concentric and eccentric activities on the force sensation in knee joint	University of Tabriz	2012	2013
Comparison of acute ingestion of carbohydrate and L-carnitine on exhaustion time and HR variability during recovery from GX in male college athletes	University of Tabriz	2012	2013
The effects of aerobic exercise and short-term grape seed extract supplementation on some oxidative stress indices in men	University of Tabriz	2011	2012
Salivary IgA, cortisol, alpha-amylase and total protein in responses to two consecutive soccer game in females	University of Tabriz	2011	2012
Effects of time of day and exercise on the acute responses of salivary IgA, cortisol, alpha-amylase and total protein in female swimmers	University of Tabriz	2011	2012
Effects of two month military training on salivary IgA, cortisol and total protein in athlete and non-athlete soldiers	University of Tabriz	2010	2011
The comparison acute effect of caffeine and ibuprofen on RM, RPE and PPI in resistance exercise in athletes men	University of Tabriz	2010	2011
The effects of Vitamin C and E supplementation on oxidative stress defensive indices and lipid peroxidation after anaerobic activity in speed skaters teenager	University of Tabriz	2010	2011
Time of day effects on some physical fitness factors in female athlete and non-athlete	University of Tabriz	2010	2011
Association between heart rate recovery after exercises with some obesity indices in 15-18 years old male students	University of Tabriz	2010	2011
Effect of combined continues and interval aerobic training on body composition, aerobic power, muscular strength and some serum biochemistry and hemodynamic indices males with metabolic syndrome	University of Tabriz	2009	2010
Relationship between strength and power as well as testosterone/cortisol ratio in male weightlifters	University of Tabriz	2009	2010
Effects of two futsal matches during two consequence days on salivary IgA, cortisol and total protein in female athletes	University of Tabriz	2008	2009
The effect of static muscular stretching and celecoxib on some inflammatory indices of DOMS in young male athletes after downhill running	University of Tabriz	2007	2008
Effects of two endurance exercise bouts during two consequence days on salivary IgA, cortisol and total protein in young elite cyclists	University of Tabriz	2007	2008

The effects of cocoa consumption on coagulation..	University of Tabriz	2007	2008
The effects of soccer match on salivary IgA..	University of Tabriz	200	2008
Effects of carbohydrate ingestion on s-IgA, cortisol and total protein to intermittent exercise in the heat.	LJMU	Feb 2006	May 2006
The effects of single and repeated bouts of soccer-specific exercise on salivary IgA, cortisol and total protein.	LJMU	Feb 2005	May 2005
The effects of repeated bouts of soccer-specific intermittent exercise on s-IgA, cortisol and total protein.	LJMU	Sept 2004	Dec 2004
Salivary IgA response to intermittent and continuous exercise.	LJMU	Feb 2004	June 2004
Carotid baroreflex responsiveness in young male and female athletes	School of Medical Science	1996	1998
Investigation of relationship between "RPE" and Physiological Changes in progressive resistance exercises	Teacher training University	Oct. 1994	Feb. 1994
A comparative study of SCI athlete and non-athlete in regard to Osteoporosis and Calcium and Phosphorous metabolism	SCI center of Tehran	May 1993	June 1993

Research Interests:

Exercise Physiology, Mucosal Immunity, Soccer, Well-being, soccer

Papers Presented at National and International Scientific Assemblies:

Title of Paper	Title and Place of Assembly	Date
Olympic Park: A model of Olympic Pedagogy	WASET, Portugal	2015
The acute effect of caffeine and ibuprofen on RPE, PPI and RM at resistance exercise in male athletes	ISRAPM, Tehran/Iran	2013
The effects of vitamin C and E supplementation and anaerobic activity on oxidative indices in male teenager speed skaters	21 st International Iranian Congress of Physiology and Pharmacology, Tabriz/Iran	2013
The effect of fourteen days coenzyme Q ₁₀ supplementation following exhaustive exercise on plasma lactate and serum CK in male rock climber	2nd National Conference on Professional Exercise Physiology, Iran	2011
Saliva: A fountain of opportunity in Sport Sciences, Challenges, Expectations	9th European Symposium on Saliva, Netherland	2011
The effect of an exhaustive aerobic exercise and branched-chain amino acids supplementation on blood indices of central fatigue in non-athlete males	7th international Congress on Physical Education and Sport Sciences, Tehran/Iran	2010
Effect of concurrent exercise endurance-resistance versus resistance-endurance on cell damage serum indices and testosterone/cortisol ratio in non-athlete males	7th international Congress on Physical Education and Sport Sciences, Tehran/Iran	2010
Effects of 12 weeks aerobic training on ovarian morphology, gonadotropin	7th international Congress on Physical Education and Sport Sciences,	2010

hormone and VO2 max or women with polycystic ovarian syndrome	Tehran/Iran	
The effect of a soccer match on salivary IgM, IgG, IgA secretion rate and cortisol responses in male soccer players	15 th Annual Congress of the European college of Sport Science, Turkey	2010
The effect of menstrual cycle phases and exhaustive exercise on plasma homocystein and serum hs-crp in athlete and non-athlete women	11 th international Sport Science congress Turkey	2010
The effect of cocoa supplementation on blood coagulation after incremental exhaustive exercise	11 th international Sport Science congress Turkey	2010
Stretching and celcoxib attenuate delayed-onset muscle soreness	9 th Symposium of the International Society of Exercise and Immunology	2009
Non- invasive estimation of lactate threshold by using specific soccer training with emphasis to training specificity principle	The international Congress on Science and Football, Tehran/Iran	2009
The effect of result of a soccer match on salivary IgA, cortisol and total protein responses in male soccer players	The international Congress on Science and Football, Tehran/Iran	2009
Effects of two footsal matchs during two consequence days on salivary IgA and flow rate in female athletes	The international Congress on Science and Football, Tehran/Iran	2009
Mental concentration during a soccer-specific exercise	The international Congress on Science and Football, Tehran/Iran	2009
Effects of repeated bouts of prolonged cycling on salivary IgA, cortisol and total protein in Young male elite cyclists	4 th Asia-Pacific Conference on Exercise and Sport Science and 8 th International Sport Science Conference, Malaysia	2009
The influence of menstrual cycle phase on aerobic and anaerobic power of athlete females	11 th Asian Federation of Sport Medicine Congress, Tehran/Iran	2008
Mucosal immunity after a soccer match	8 th Symposium of the International Society of Exercise and Immunology, Japan	2007
The effect of carbohydrate supplementation on salivary IgA to intermittent exercise in the heat	he 2005 British Association of Sport and Exercise Sciences Conference, University of Wolverhampton/UK	2006
Effects of repeated bouts of soccer-specific intermittent exercise on salivary IgA and cortisol.	11th annual Congress of the European College of Sport Science	2006
Salivary cortisol and related responses to prolonged exercise.	13th Iranian Researchers Conference in Europe, Leeds University/UK	2005
Personality characteristics of the female athletes and non-athletes.	13th Iranian Researchers Conference in Europe, Leeds University/UK	2005
A comparison of salivary IgA responses to intermittent and continuous exercise.	The 2005 British Association of Sport and Exercise Sciences Conference, Loughborough University/UK	2005
Immunity from or susceptibility to upper respiratory tract infection.	12th Iranian Researchers Conference in Europe, Manchester, UK	2004
A survey on the relationship between "happiness" and "personality" on male and female athletes and non-athletes students at Tabriz university	10 th World Congress of Sport Psychology, Skiathos, Hellas, Greece	2001
Assessment of RBC indexes after high intensity exercise in young male athletes	Kahperd Congress / Korea	2000
A survey on the relationship between "RPE" and "HR" changes in Progressive resistance exercise	Kahperd Congress / Korea	2000
Rating of Perceived Exertion in adult's males.	EGREPA Congress, Bruxelles, Belgium	2000

Sensitivity of the carotid baroreceptors in athletes	13 th Asian Games Scientific Congress , Tehran	1998
Assessment of "RPE" as a psychophysics index in "GXT"	1 st Congress of sport Psychology , Tehran	1998

Membership to Scientific Associations:

Name of Institution/Association	Position Held	Country	Year
American College of Sports Medicine (ACSM)	Member	USA	2006
Association for the Study of Obesity (ASO)	Member	UK	2006
European College of Sport Science (ECSS)	Member	Switzerland	2006
Research, exercise, activity and children's health (Reach)	Member	UK	2005
The British Association of Sport and Exercise Sciences (BASES)	Member	UK	2005
International Society of Exercise and Immunology (ISEI)	Member	Germany	2003
Quality of life	Primary researcher	Australia	2001
ASPES	Member	South Korean	2000
AESSN	Member	Thailand	1998