

Alireza Amani



General Information

First name: Alireza
Last Name: Amani
Birthday: 23 March 1976
Nationality: Iran
Language: Persian & English
Gender: Male
Married state: Married (Wife and 2 Childs)
Study: Ph.D. in Sports Science (Exercise Physiology)
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Google Scholar:
<https://scholar.google.com/citations?user=fJRrdcEAAAAJ&hl=en>

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Education

PhD at Sport Science (Exercise Physiology), University Putra Malaysia, 2013
Master in Sport Science, Razi University, Kermanshah, Iran, 2002
Bachelor degree in physical Education, Bahonar University, Kerman, Iran, 2000

Work Experiences

Faculty Position, Shomal University, Iran 2003-Now
<http://fmsua.shomal.ac.ir/en/profile/Amani>

Dean of Sports Science Faculty,
Shomal University, Sep 2010- Sep 2017
Shomal University, June 2010- Sep 2021

Board of Trustee,
Shomal University, 2019- Now

Summary

I was born on March 23, 1976, in MahmoudAbad, Iran. I graduated high school in 1995 at age 19 and headed to the University of Kerman. In 2000 I graduated with a Bachelor's Degree in physical Education, and I took my master 2 year later in filed of Physical Education and Sport Science. Six years later, I moved to kuala-lumpur, Malaysia and started my Ph.D at the University Putra Malaysia. In 2013 I completed my Ph.D. at University Putra Malaysia in Sports Science in filed of Exercise Physiology, where I studied resistance exercise and supplementation on Sport performance and some health factors. Now I have faculty position in the Faculty of Sport Science at the Shomal University in Iran. I was dean of sport science faculty since at Shomal University for about 8 years.

Contact

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LinkedIn:
<https://www.linkedin.com/in/alireza-amanii-51274277/>

Languages

Persian
English

Hobbies

- Writing
- Blogger
- Sports
- Photography
- Programming

Editorial Board

Editor-in-chief of the **Asian Exercise and Sports Science Journal**

Editorial Board of the **International Journal of Kinesiology**

Editorial Board of the **International Journal of Health and Movement**

Reviewer

I have played the role of a reviewer in the following articles:

1-Archivos de Medicina del Deporte, Spain

Title of review article: The Effect of 10 Weeks of Combined Exercise on Interferon-Gamma, Percentage of Fat and BMI of Kidney Transplant Patients

2-International Journal of Kinesiology and Sports Science, Australia

Title of review article: Effectiveness of Sand- Therapy on the Attenuation of Separation anxiety Signs in Pre-School Children

3- Annals of Applied Sport Science, Iran

Title of review article: Effect of 8-week in-place and Transitional Training on Obese Young Men's Body Composition and Blood Lipid Profile

Association and international activities

1- *Founder: Asian Exercise and Sport Science Association, 2013-Now* <https://aesasport.com/board.html>

2- *President of International Conference of Sport Science*

<https://journal.aesasport.com/index.php/AESA-Conf/>

<https://aesasport.com/conference/AESA2021/index.html>

3- **Senior member** at the International Science and Football Association

4- *Founder of Science and Exercise Start-up : scienceofexercise.com*

<https://scienceofexercise.com/>

5- Distance learning at FitPars.ir (Persian language)

<https://fitpars.ir/edu/>

6- Founder of Online Exercise Gym (parsgym.ir) and developed for improve physical activity level during and after COVID-19

<https://parsgym.ir/>

7- Director responsible for Online Sport magazine

<https://myfitroad.com>

Teaching Experiences

Supervisor of more than 30 Master Student in Sport Science

Teaching experience at university (from 2003-now):

Kinesiology of Muscles and Bones.

Laboratory of Exercise Physiology

Physiology of Training

Sport Assessment

Strength and Conditioning

Coaching Principle

Swimming

Physical Fitness

and....

Skills

- Exercise Physiology
- Sport Monitoring
- Data Science
- Designing Exercise Program
- Strength and Conditioning
- Python Programming
- MS Power BI
- SPSS
- Sports Laboratory

Sports Activities

1-Bronze medal of Iranian students' championship Fencing, 1999

2- Certified Lifeguard

3- Track and Field Instructor

4-Gymnastic Instructor

Workshops Lecturer

- Designing Resistance Exercise
- Designing TRX training
- Sport Monitoring
- Velocity Based Training
- Data Science in Exercise Physiology

Some other relevant activities

- 1- **Bronze medal in Sport Medicine 2010, UPM Malaysia**
Relationship between percentage body fat and Maximum Oxygen Uptake among Adults
- 2- **Invited Speaker:** 14th Annual Scientific Conference Montenegro Sport Academy, 2017, March.
<http://www.csakademija.me/conference/>
- 3- **Academic Member** of "Applied Studies of Sport Science in Third Millennium" Conference – 2019, Iran
- 4- **Member of Graduate Studies Committee**, Shomal University, Iran
- 5- **Scientific Secretary of the Conference** "International Conference of Sport Science", 2012, Iran
- 6- **Board of Sports Physiology Panel**, 2nd national Conference on New Finding in Sport Sciences.
- 7- **Director of Shomal Sport Academy**, 2013

Publications (Books)

- 1- Kinesiology – 2006
- 2- Science of Training- 2020

Publications (Papers)

- [Effects of 8 Weeks of Balance Training, Virtual Reality Training, and Combined Exercise on Lower Limb Muscle Strength, Balance, and Functional Mobility Among Older Men: A ...](#) 1 2021
H Sadeghi, DA Jehu, A Daneshjoo, E Shakoor, M Razezghi, A Amani, ...
Sports health, 1941738120986803
- [Effect of five weeks of plyometric training in lower limb with and without blood flow restriction on anaerobic power, muscle strength, agility, speed, limb circumference, body ...](#) 2020
MK Razeke, AR Iri, AR Amani
International Conference of Sport Science-AESA, 20-20
- [The Relationship between Trunk Muscle Strength and Body Mass with Static Balance and Youth Volleyball Players](#) 2020
MK Razeke, A Iri, AR Amani
International Conference of Sport Science-AESA, 2-3
- [Comparison of two model of TRX training on Anaerobic performance and body composition on young athletes.](#) 2020
AR Amani, M Hasanpour, T Afsharnezhad
Journal of Applied Health Studies in Sport Physiology 7(1) 82-90
- [The effects of resistance training on muscle strength, hypertrophy and myogenin protein level of gastrocnemius in elderly rats](#) 2019

- T Afsharnezhad Roudsari, AR Amani
Journal of Practical Studies of Biosciences in Sport 7 (14), 31-44
- [Investigation of Supplement \(Multivitamin plus to Mineral\) Usage at Athletes and Non-Athletes Students](#) 2019
AR Amani
International Journal of Applied Exercise Physiology 8 (1), 180-185
- [Effect of High Intensity Interval Training with Blood Restriction on Power Endurance and Body Fat](#) 2018
A Behi, AR Amani, TD Fahey, T Afsharnezhad
International Conference of Sport Science-AESA, 9-10
- [Interval training with blood flow restriction on aerobic performance among young soccer players at transition phase](#) 21 2018
AR Amani, H Sadeghi, T Afsharnezhad
Montenegrin Journal of Sports Science and Medicine 7 (2), 5
- [The effects of 8-weeks unilateral resistance training on strength, time to task failure, and synergist co-activation of elbow flexor Muscles in trained and untrained limbs](#) 2 2018
T Afsharnezhad, A Amani, M Khorsandi, S Safar Zadeh
Journal of Applied Health Studies in Sport Physiology 5 (1), 28-36
- [Distance Covered and Activity Analysis of Football Players during World Cup 2014](#) 2018
AR Amani
Archivos de Medicina del Deporte 35 (6), 376-379
- [The effect of creatine monohydrate supplement on stroke volume during high intensity aerobic exercise in non active adults](#) 1 2018
AR Amani
Pedagogsics, psychology, medical-biological problems of physical training and ...
- [Comparing the effect of visual and non-visual music on functional factors in a progressive aerobic exercise program](#) 1 2017
ARA Faezeh Alizadeh, Zeinab Ramzani
International Journal of Applied Exercise Physiology 6 (3), 66-71
- [Effect of high intensity interval training with blood restriction on anaerobic performance](#) 8 2017
A Behi, A Amani, TD Fahey, T Afsharnezhad
International Journal of Applied Exercise Physiology 6 (2), 45
- [Effect of Different Warm-up Methods on Anaerobic Power in Young Women](#) 2016
A Ali Reza, E Homa, A Zahra, T Farideh
Annals of Applied Sport Science 4 (1)
- [The comparison of linear and non-linear resistance exercise on anaerobic power and muscle strength in non-exercised young female](#) 2016
AR Amani, H Esmaeili, TA Roudsari
- [Effect of linear and non-linear resistance exercise on anaerobic performance among young women](#) 1 2015
H Esmaeili, AR Amani, T Afsharnezhad
International Journal of Kinesiology and Sports Science 3 (3), 24-27
- [Qualitative Methods: Multivitamin-Mineral Supplement Consumption in Iranian and Malaysian Students](#) 2014
AR Amani, MN Somchitm, MS Omar-Fauzee
International Science and Investigation journal 3 (4), 65-70
- [Creatine Monohydrate Intervention on the Cardiovascular Fitness, Body Composition, Aerobic and Anaerobic Performance and Total Energy Expenditure Among Adults](#) 1 2012

A Amani
Universiti Putra Malaysia

[Relationship between body fat percent and maximal oxygen uptake among young adults](#)
AR Amani, MN Somchit, MMB Konting, LY Kok, SA Darestani, MY Ismail, ... 27 2010
Journal of American Science 6 (4), 1-4

[The Relationship between the body Composition and anaerobic power in non-athlete girls](#)
M Dolati, A Amani

[MB and Kok, LY 2010. Vitamin E and Curcumin Intervention on Lipidperoxidation and Antioxidant Defense System](#)
AR Amani, MN Somchit, M Konting
J. Amer. Sci 6 (3), 52-62