



Personal information

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Research interests

Exercise immunology

Clinical exercise physiology

Exercise and diseases

health related fitness and obesity

Training science

Sports talent identification

Exercise testing

Education

1. BA in Physical education and sport sciences, Tabriz University, Tabriz, Iran, 1992
2. MA in Physical education and sport sciences, Exercise Physiology, University of Tehran, Tehran, Iran, 1994.
3. PhD: Exercise Physiology: Exercise Immunology, Kharazmi University, Tehran, Iran, 2000

Teaching experience

Immune Responses to Exercise, PhD level

Exercise, Nutrition, and Immune Function, PhD

Exercise, Environment, and Immune Function

Cardiorespiratory Adaptations to Exercise, PhD

Advanced Human Physiology, PhD

Laboratory Techniques in Exercise Physiology, PhD

Human Anatomy and Physiology, Master's level

Sports Biomechanics, Master's level

Exercise Physiology, Master's level

Laboratory Techniques in Exercise Physiology, Master's level

Talent Identification in Sports

Anthropometry and Weight Control, Master's level

National publications

1. Agha-Alinejad, H. Comparison of the total amount of urinary protein excretion, B-2 microglobulin, creatinine, sodium and potassium activity followed by 75% of peak aerobic power among the students athletes and non-athletes, 1375, Olympic, No. 8, pp. 60-70
2. Agha-Alinejad, H., the effect of exercise on the immune system, 1377, Olympic, No. 11, pp. 3-180
3. Gharakhanlou R., Agha-Alinejad H. Identification of obstacles of research in Physical Education and Sport Sciences at the State University, 1381, Research in Sport Sciences, No. 1, pp. 5-30
4. Agha-Alinejad H., Gharakhanlou R, Mir shafiei A, Sarrafnejad A, Me'mari A, Nikbin B., Effect of vitamin E and C in the prevention of immune deficiency in athletes, 1381, Olympic, No. 22, 73-83
5. Agha-Alinejad H., Gharakhanlou R, Tofighi A, Standardization of WHR, WC, BMI, body fat percentage of men 30 to 55 years, Tehran, 1383, motion, No. 20, pp. 113 -134
6. Gharakhanlou R., Agha-Alinejad H., Fathi R, Talebi E, Standardization WHR, WC, BMI, WSR and percentage of body fat and its relationship with physical activity among women 30 to 55 years in Tehran, 1383, Olympic, No. 27, pp. 41 -50
7. Oshtorany B., Agha-Alinejad H., Gharakhanlou R., Rajabi H., Rajabi Z., Kardar Gh. Comparison of intense training in normal and warm on the concentration of immunoglobulin A and cortisol in distance runners Man, 1383, Olympic, No. 29 , pp. 41-54
8. Parnow GH, Gharakhanlou R., Agha-Alinejad H. Body composition, physiological and anthropometric Profile of elite football players, 1384, Olympic, No. 30, 49-58
9. Rajabi Z, Agha-Alinejad H., Salami F., Oshtorany B. Planning compare the effect of one or two sessions in one day intensive training on immunoglobulin A and cortisol concentrations in elite female swimmers, 1384, Olympics , No. 32, pp. 31-40
10. Sedaghati P., Agha-Alinejad H., Arjmand A. The effects of regular exercise on reducing pain and weight change during pregnancy, 1384, Olympic, No. 32, pp. 51-60
11. Agha-Alinejad H., Rajabi R, Sedigh Sarvestani R, Amirzadeh F. The relationship between physical activity, physical fitness and body composition and socio - economic and female students in Tehran 17-15, 1384, Motor Sciences, No. 6 , pp. 1-14
12. Amirzadeh F, Agha-Alinejad H, Rajabi R, Sedigh Sarvestani. Relationship between obesity and socioeconomic status of Iranian female students in 1384, research in the physical sciences, No. 9, pp. 69-85
13. Sedaghati P., Agha-Alinejad H., Arjmand A. Effects of aerobic training on pregnancy outcome, 1385, Olympic, No. 34, pp. 63-72
14. Jafari A., Agha-Alinejad H., Gharakhanlou R., Moradi, MR. Describing and quantifying the relationship between anthropometric and physiological characteristics of successful Taekwondo, 1385, Olympic, No. 36, pp. 7-16
15. Farzanegi P., Azerbaijani MA, Rasaii MJ, Agha-Alinejad H., The effect of exercise sessions per day on total protein concentration of salivary immunoglobulin A in elite female gymnasts, 1385, Harakat, No. 29, pp. 57-68
16. Sedaghati P., Agha-Alinejad H., Arjmand A. Lower back pain caused by walking regularly on the second and third trimester of pregnancy, 1386, motion, No. 31, pp. 115-124
17. Agha-Alinejad H, Sedaghati, P, Esmailzadeh Azad Z, Meshkati F. Ccharacterization of motor abilities in untrained girls 15-17 years during the different phases of the menstrual cycle, 1386, Olympic, No. 38, pp. 99-107
18. Ghahremanloo E, Agha-Alinejad H, Gharakhanlou R. Comparison of the effects of endurance training, strength and parallel (combined strength and endurance) on maximum strength and body composition in untrained men, 1386, Olympic, No. 40, pp. 45 -57
19. Gharakhanlou R, Mahmoodabadi R, Agha-Alinejad H, Mahmoud Abadi M, Evaluation of changes in body composition and VO2max and the correlation between them in the boys 18-11 years, 1386, Olympic, No. 40, pp. 85-96
20. Agha-Alinejad H, Khaledan AS, Abbasi Dolouei A. The relationship between body composition, bioenergetic, and biomotor characteristics with athletic success in Iranian elite swordsmen, 1386, Harakat, No. 33, pp. 5-16

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21. Aqa Berar M, Ahmadi F, Agha-Alinejad H, Mohammadi E, Hajizadeh E. Effect of exercise program on stress, anxiety and depression in women with breast cancer undergoing chemotherapy, 1386, Journal of Shahrekord University of Medical Sciences, No. 4 , pp. 26-35
 22. Qadri M, Agha-Alinejad H, Azerbaijan MA. Exciting and calming effect of music on aerobic performance, RPE and salivary cortisol concentrations male student athlete, 1387, Olympic, No. 41, pp. 17-26
 23. Agha-Alinejad H, Tofighi A, Mohammad Hassan Z, Mahdavi M, Shahrukh S. Effect of continuous aerobic exercise on HSP70 and longevity of mice with breast cancer tumors, 1387, Olympic, No. 42, pp. 75-86
 24. Agha-Alinejad H, Gharakhanlou R, Yousefvand S. Anaerobic power estimation using zigzag new teacher training with anaerobic test (TMAT), 1387, Olympic, No. 42, pp. 97-108
 25. Zarifi A, Rajabi H, Agha-Alinejad H, Ghahremanloo E, Ahmadi A. Short-term detraining effect after endurance training, strength and parallel functional fitness and body composition of male student athlete, 1387, Olympic, No. 43, pp. 53- 64
 26. Hosseini M, Agha-Alinejad H, Piri M, Haji Sadeghi S. Effect of endurance training, strength and composition of the Heart Girls College, 1387, Olympic, No. 44, pp. 29-38
 27. Gharakhanlou R, Agha-Alinejad H, Rastgar M, Khazani A. Correlation between RAST 300-yard shuttle with Wingate anaerobic test in futsal players, 1387, Olympic, No. 44, pp. 99-108
 28. Agha-Alinejad H. Ebrahimpour Z, Sedaghati P, Mishkat F. Comparison of the effects of eccentric and concentric training on the levels of iron, ferritin, transferrin, TIBC girls practice, 1387, Journal of Physical Education and Sport Sciences, year 1, No. 4, pp. 29-36
 29. Agha-Alinejad H., Molanouri Shamsi M, Sharif Nejad A, Delfan M. The relationship between height and maximal aerobic capacity tests and measuring respiratory gases Quinn steps on the cycle ergometer, 1388, Research in Sport Sciences, No. 22, pp. 108-99
 30. Nikseresht M, Piri M, Agha-Alinejad H., Nikseresht A. Effect of endurance training, plyometric and parallel Byvanrzhik characteristics and skills of male soccer players, 1388, Human Movement Sciences: Physiology of Sport and Physical Activity, Vol. 2, No. 1 , pp. 209-217
 31. Agha-Alinejad H, Gharakhanlou R, Molanouri Shamsi M. Maximal step test designed by Tarbiat Modares Step Test (TMST) to estimate maximal oxygen uptake (VO₂max), 1388, Olympic, No. 46, pp. 17-26
 32. Gharakhanlou R., Agha-Alinejad H. Khazani A, Nikooei R, Rezaeaiian J. short-term effects of 20 and 30 grams of carbohydrates creatine supplementation on anaerobic performance and blood lactate wrestlers, 1388, Olympic, No. 46, pp. 27-41
 33. Ahmadi A, Agha-Alinejad H, Gharakhanlou R, Zarif A. Correlation between interleukin 6 (IL-6) and creatine kinase (CK) in active women after concentric and eccentric exercise, 1388, Olympics , No. 46, pp. 63-72
 34. Nikpoor S, Vahidi S, Hedayati M, Haqqani H, Agha-Alinejad H., Barimnejad L, Soodmand B. Effects of regular exercise on abdominal obesity in women in 87.1388 University of Medical Sciences, Journal of Endocrinology and metabolism, Vol. 11, No. 2, pp. 177-183
 35. Hosseini M, Agha-Alinejad H. Effect of parallel exercise on serum IgA, cortisol, DHEA and DHEA: cortisol ratio of inactive girls, 1388, Journal of Endocrinology and Metabolism, Vol. 11, No. 2, pp. 293-299
 36. Agha-Alinejad H, Delfan M, Lotfi S, Molanouri Shamsi M, Mirakhori Z. Effects of age, gender, body composition and cardiorespiratory fitness 11-8 year students using the regression model (FFMI-FMI), 1388, Journal of Endocrinology and metabolism, Vol. 11, No. 3, pp. 301-306
 37. Shirazi A, Rajabi H, Agha-Alinejad H. Validation of some physiological variables anaerobic sprinting test (RAST) and Wingate test in national futsal team player, 1388, Olympic, No. 48, pp. 41-51
 38. Tofighi A, Agha-Alinejad Ali, Mohammad-Hasan Z, Keyvani F, Ghasemi A. Effect of exercise on IL-4 and IFN gamma and CD4 / CD8 ratio in mice with breast cancer tumor, 1388, Olympic, No. 48, Page 73 -83
 39. Agha-Alinejad H, Molanouri Shamsi M, Azerbaijani MA, Rahimi A, Asghari Jafarabadi M, Tofighi L, Mirani SM. Effect of active recovery on plasma concentrations of interleukin 6, 8, 10
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and serum creatine kinase after intense excentric exercise in active girls, 1388, Journal of Endocrinology and metabolism, Vol. 11, No. 5, pp. 553-560

40. Amani S, Agha-Alinejad H, Gharakhanlou R, Molanouri Shamsi M, Talebi K. Effect of body composition and physical activity levels of IL-18, IL-6 and CRP levels and their correlation with the index HOMA-IR, 1388, Journal of Endocrinology and metabolism, Vol. 11, No. 5, pp. 699-706
41. Hosseini M, Piri M, Agha-Alinejad H. Effect of endurance training, strength and parallel on cardiac function in college girls, 1388, Olympic, No. 49, pp. 117-126
42. Farzanegi P, Azerbaijani MA, Agha-Alinejad H, Rasaii MJ. Boy gymnasts cytokines profile changes during the 8 weeks of training after influenza vaccination, 1389, Olympic, No. 49, pp. 141-154
43. Farzad B, Gharakhanlou R, Agha-Alinejad H, Bayati M, Bahraminejad M, Mehrabian F, Poluei E. Effects of four weeks of supramaximal sprint interval training on some physiological, hormonal, metabolic, 1389, Journal of Endocrinology and Metabolism , Vol. 12, No. 1, pp. 34-41
44. Qadiri M, Azerbaijani MA, Agha-Alinejad H. Serum immunoglobulin A and cortisol rapid response to an incremental exhaustive exercise session, 1389, Jahesh Year 2, No. 5, pp. 3-8
45. Namazi A, Agha-Alinejad H, Piri M, Rahbarizadeh F. Effects of short-circuit resistance training on serum homocysteine and CRP in women with active and passive, 1389, Journal of Endocrinology and Metabolism, Vol. 12, No. 2, pp 169-176
46. Agha-Alinejad H, Molanouri Shamsi M. effect of exercise on cytokine release from skeletal muscle, with emphasis on IL-6,1389, Journal of Endocrinology and Metabolism, Vol. 12, No. 2, pp. 181-190
47. Nameni F, Nikbakht H, Gaeini A, Agha-Alinejad H. The effect of endurance training on selected cytokines and immune cells in the blood plasma of women after an exhaustive exercise bout, 1389, Research in Sport Science, Volume 3, No. 28, pp. 27-41
48. Tayyebi SM, Agha-Alinejad H, Kyadlyry K, Ghorbanali F, Blood cell counts in sports and physical activities, 1389, Journal of Blood, Vol. 7, No. 4, pp. 249-265
49. M. Bayati, Gharakhanlou R., Agha-Alinejad H. Farzad B, effects of four weeks of intense interval training on physiological and metabolic parameters of the active men, 1389, a sport science research: a study of Applied Exercise Physiology, Vol. 6, No. 11, p. 107-124
50. Akbarpour M, Piri M, Azerbaijani MA, Agha-Alinejad H. Effects of moderate-intensity aerobic activity 6 months on some indices of passive immunity in older men, 1389, MOVEMENT Sciences, Vol. 8, Vol. 1, No. 15, pp. 24-34
51. M. Bayati, Gharakhanlou R., Agha-Alinejad H. Farzad B. The effect of intense sprint interval training on aerobic and anaerobic performance of untrained men, 1390, Research in Sport Sciences, Vol. 3, No. 9, pp. 25-40
52. Farzad B, Gharakhanlou R., M. Bayati, Agha-Alinejad H. Bahrami Nejad M, F Mehrabian, Poluei E. the effect of intense interval training on a selection of performance indicators of aerobic, anaerobic and haematological functions in athletes, 1390, Research in Sport Sciences , Vol. 3, No. 10, pp. 69-88
53. Agha-Alinejad H. Nazar Ali P, Rezaei Z, Delfan M, Molanouri Shamsi M, Habibi F. the impact of gender differences in response to IL-6, IL-15 and cortisol in a circular resistance exercise in elite handball players, 1390. Journal of Endocrinology and Metabolism, Vol. 13, No. 4, pp. 412-417
54. Molanouri Shamsi M., Agha-Alinejad H. Amani S, Aghayari Azar, A. Jafarabadi M, Talebi K. Anti-inflammatory effects of resistance exercise in obese men with moderate circular passive, 1390, Journal of Medical Sciences Yazd, Vol. 19, No. 5, pp. 598-609
55. Agha-Alinejad H, Mirakhori Z, Mirakhori F, Amirshaqaqi F, Zandi S, Delfan M. comparing physiological characteristics of elite female rowers Iranian Kayak the treadmill and ergometer tests manually, 1390, research in exercise physiology and management, No. 7 , pp. 69-75
56. Nikseresht Mahmoud, Agha-Alinejad H, Taheri A, plyometric exercises, endurance and combined rates of acute injuries in amateur soccer players, 1390, Studies of Sport Medicine, No. 9, pp. 137-146

57. Gholampour Muhammad, Agha Ali-nejad H, Azerbaijani MA, the effect of the heat intensities to vary the parameters of cardiopulmonary players elite male soccer, 1390, Applied Exercise Physiology, Vol. 7, No. 13, pp. 87 -96
58. Gorzi Ali, Agha-alinejad H., H. Rajabi, Azad Ahmed, Molanouri Shamsi M, Hedayati Mahdi, the effect of 10 weeks of concurrent training, strength and endurance training on hormonal markers, lipids and inflammatory markers in untrained men, 1390, Journal of Endocrinology Iran, Vol 13, No. 6, pp. 614-620
59. M. Akbari, H. Agha-Alinejad, H. Matinhomae. anthropometric profile and physiological characteristics of elite female football players, 1391, Physiology and Sport Management Studies, No. 12, pp. 25-32
60. M. Akbari, H. Agha-Alinejad, Matinhomae H. validity and reliability of Yo-Yo intermittent recovery 2 to estimate maximal oxygen uptake elite female football players, 1391, motor sport and life sciences, Vol. 4, No. 1, pp. 85-92
61. Mirghany SJ, Agha-Alinejad H, Arshadi Sajjad, Ayaz A, Graily J., Fakurian A. effect of strength training, endurance and parallel to the ratio of testosterone to cortisol and muscular fitness in soldier wrestlers, 1392, Journal of Islamic Republic of Iran army Medical Sciences, Vol. 11, No. 3, pp. 211-218
62. Agha-Alinejad H., Babak F, Salari M, Kamjou S, Piri M, Bayati M. the prevalence of overweight and obesity and its relationship to the physical fitness of preschool children Tehran, 1392. Journal of Endocrinology and Metabolism, Vol. 15, No. 4, pp. 370-377
63. Agha-Alinejad H, Gharakhanlou R., Babak F, M. Bayati, standardized anthropometric measurements, body composition of overweight and obesity in urban populations, Iran, 1392, Journal of Shahrekord University of Medical Sciences, Vol. 15, No. 6, pp. 72- 80
64. Nikseresht Mahmoud, Agha-Alinejad H., Azerbaijani MA, Ebrahim Kh. Effect of vigorous aerobic interval training on some serum cytokines and insulin resistance in obese men, 1392, Olympic, Year 21, No. 3 (63), pp. 51- 60
65. A. Kazemi, Agha-Alinejad H. Alizadeh Shaban, Shahbazi S, Amani S. Mahdian R. 1392, The effect of endurance training on the expression of mir-155 and SOCS1 gene expression in tumors of mice with breast cancer, 1392, Quarterly Iran breast disease, year 6, No. 4, pp. 7-14
66. Agha-Alinejad H., Haft-chenari S, Matinhomaei H, the effect of endurance training on serum levels of IL-8 and tumor volume in mice bearing breast cancer, in 1393, the Journal of Endocrinology and Metabolism, Vol. 16, No. 1, pp. 26-32
67. Rabinejad Ali, Joshaghani H. Farzaneh Hesari A, Agha-Alinejad H., Khoshdel Mahyar, the effects of vitamin C and vitamin E on lipid peroxidation markers and DOMS in professional basketball players, 1393, Journal of Gorgan University of Medical Sciences , Vol. 16, No. 2, pp. 12-20
68. Gharakhanlou R, Agha-Alinejad H., Babak F, Bayati M. waist and hip measurements of the strongest predictors of cardiovascular risk factors in Iran, in 1393, quarterly monitoring, Vol 13, No. 2, pp. 145-153
69. Amani S, Agha-Alinejad H, Shaaban Alizadeh, A. Kazemi, Minaei N, Saei MA, Shokrollahi F, the effect of endurance training on tissue levels of cytokines IL-6 and VEGF in mice with breast cancer in 1393, Journal of Medicine, Vol. 16, No. 2, pp. 10-21
70. Shiri Y, Agha-Alinejad H, Gharakhanlou R., Amani Shalamzar S, Saei MA. effect of 6 weeks of endurance training on the levels of IL-10 in tumor tissue in mice bearing breast cancer. Journal of Endocrinology and Metabolism, 1393, Vol. 15, No. 3 , pp. 215-220
71. Piri M, Sheikh Sarraf B, Azerbaijan Ali, Agha-Alinejad H. the 8-week aerobic exercise and massage therapy on C-reactive protein changes in cardiorespiratory fitness cardiovascular disease after open-heart surgery, a research physiologist Applied Sport, 1393, Vol. 10, No. 19, pp. 53-64.
72. Mohammad Samadi, Agha-Alinejad H. Jafari, M., K. Khalaji, Asjodi Fouad, Falah Ibrahim, the effect of L-carnitine supplementation on men's health indicators over a period of resistance training exercise: a randomized controlled trial, Quarterly Journal Health Education and Health Promotion, 1393, Vol. 2, No. 3, pp. 232-241.

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73. Majd Khiabani A, Agha-Alinejad H, Alikhah H. the role of exercise in cardiovascular rehabilitation, Medical Journal of Tabriz University of Medical Sciences and Health Services, in press
 74. Timaji D, Hemmatfar A, Agha-Alinejad H, Ghaderi Goodarzi S. comparison of 2nd to 4th digit ratio (2D: 4D) in elite and non-elite endurance runners, Iran, Olympic publication
 75. Agha-Alinejad H., Saei MA, Mahdavi M, Amani S, Kazemi A, Pirayesh M, the effect of 6 weeks of endurance training on levels of some cytokines in tumor microenvironment in mice with breast tumor Journal of Sport Biosciences, publication
 76. Sara Panahi, Hamid Agha-Alinejad, Reza Gharakhanlou, Ra'na Fayyaz Milani, Mehdi Hedayati, Alireza Safarzadeh, Maryam Zarkesh, the effect of 4 weeks of resistance training on MuRF1 gene expression and muscle atrophy in diabetic Wistar rats, Journal of Medicine University of Medical Sciences health Tabriz, in press
 77. Agha-Alinejad H., Shokrollah F, Piri M, and medical assistance preventive effect of endurance training on levels of interleukin-6 and tumor tissue of mice with breast cancer, Medical Journal of Tabriz University of Medical Sciences and Health Services, in press
 78. Agha-Alinejad H, Piri M, Najafi R, the effect of 6 weeks of endurance training on serum TNF- α and tumor volume, tumor-bearing mice, Journal of Zanzan University of Medical Sciences and Health Services, in press
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International papers

- 1-Aghabarari M, Ahmadi F, Agha-Alinejad H, Mohammadi E, Hajizadeh E. (2008). The Effect of Designed Exercise program on Fatigue in Women with Breast Cancer Receiving Chemotherapy. *Iranian J Public Health*, 37(1): 92-98.
 - 2-Ghazanfari Z, Niknami Sh, Ghofranipour F, Larijani B, Agha-Alinejad H, Montazeri A.(2010). Determinants of Glycemic Control in Female Diabetic Patients: a Study from Iran. *Lipids in Health and Disease*, 9:83
 - 3-Farzad B, Gharakhanlou R, Agha-Alinejad H, Curbay DC, Bayati M, Bahraminejad M, Maestu J.(2011). Physiological and Performance Changes from the Addition of a Sprint Interval Program to Wrestling Training. *The Journal of Strength and Conditioning Research*, 25(9): 2392–2399.
 - 4- Bayati M, Farzad B, Gharakhanlou R, Agha-Alinejad H. (2011).A practical model of low-volume high-intensity interval training induces performance and metabolic adaptations that resemble ‘all-out’ sprint interval training. *Journal of Sports Science and Medicine*, 10:571-576.
 - 5- Gharakhanlou R, Farzad B, Agha-Alinejad H, Steffen LM, Bayati M. (2012). Anthropometric Measures as Predictors of Cardiovascular Disease Risk Factors in the Urban Population of Iran. *Arquivos Brasileiros de Cardiologia*, 98(2):126-135.
 - 6- Mirghani SJ, Agha-Alinejad H, Azarbayjani MA, Arshadi S, Mazidi A, Mirghani SA. (2012). Effects of 8 Weeks Concurrent Training on Blood Lipid Profile and Body Mass Index in Young Men. *International Medical Journal*, 19(3): 260-263.
 - 7- Agha-Alinejad H, Kohanpour MA, Sanavi S, Sojudi S, Behrouzi GR, Mirsepasi M. (2013). Effects of Resistance Training on Serum Cortisol and Dehydroepiandrosterone Levels in Trained Young Women. *Iranian Journal of Pathology*, 8(1): 9 – 16.
 - 8-Amani Shalamzari S, Agha-Alinejad H, Alizadeh Sh, Shahbazi Sh, Kashani Khatib Z, Kazemi AR, Saei MA, Minaei N. (2014). The effect of exercise training on the level of tissue IL-6 and vascular endothelial growth factor in breast cancer bearing mice. *Iranian Journal of Basic Medical Sciences*, 17(4): 231-236.
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9-Mirghani SJ, Agha Alinejad H, Azarbayjani MA, Mazidi A, Mirghani SA. (2014). Influence of strength, endurance and concurrent training on the lipid profile and blood testosterone and cortisol response in young male wrestlers. *Baltic Journal of Health and Physical Activity*, 6(1): 7-16.

10- Nikseresht M, Agha-Alinejad H, Azarbayjani MA, Ebrahim K. (2014). Effects of nonlinear resistance and aerobic interval training on cytokines and insulin resistance in sedentary obese men. *The Journal of Strength and Conditioning Research*, 28(9): 2560-2568.

11- Nikseresht M, Agha-Alinejad H, Ebrahim K. (2014). Inflammatory markers and adipocytokine responses to exercise training and detraining in men who are obese. *The Journal of Strength and Conditioning Research*, 28(12): 3399-3410.

12- Cheraghi, M., Agha-Alinejad H, Arshi AR, Shirzad E. (2014). Kinematics of Straight Right Punch in Boxing. *Annals of Applied Sport Science*, 2(2): 39-50.

13-Tayebi SM, Agha-Alinejad H, Shafae SH, Gharakhanlou R, Asouri M. (2014). Short-Term Effects of Oral Feeding Jujube Ziziphus Solution before a Single Session of Circuit Resistance Exercise on Apoptosis of Human Neutrophil. *Annals of Applied Sport Science*, 2(1): 53-68.

14- Agha-Alinejad H, Farzad B, Salari M, Kamjoo S, Harbaugh BL, Peeri M. (2015). Prevalence of overweight and obesity among Iranian preschoolers: Interrelationship with physical fitness. *Journal of Research in Medical Sciences*, 20: 334-41.

15- Fashi M, Agha-Alinejad H, Asilian Mahabadi H. (2015). The Effect of Aerobic Exercise in Ambient Particulate Matter on Lung Tissue Inflammation and Lung Cancer. *Iranian Journal Cancer Prevention*, 8(3):e2333.

16- Fashi M, Agha-Alinejad H, Asilian Mahabadi H, Rezaei B, Pakrad B, Rezaei S. (2015). The Effects of Aerobic Exercise on NF- κ B and TNF- α in Lung Tissue of Male Rat. *Novelty in Biomedicine*, 3(3):131-4.

17- Sheykhloovand M, Khalili E, Agha-Alinejad H, MA Gharaat. (2015). Hormonal and physiological adaptation to high-intensity interval training in professional male canoe polo athletes. *Journal of Strength & Conditioning Research*, 30(3)/859–866.

18- Sheykhloovand M, MA Gharaat, Khalili E, Agha-Alinejad H. (2016). The effect of high-intensity interval training on ventilatory threshold and aerobic power in well-trained canoe polo athletes. *Science & Sports*, 31: 283—289.

19- Fereshtiana S, Sheykhloovandb M, Forbesd S, Agha-Alinejade H, Gharaat MA. (2017). Physiological and performance responses to high-intensity interval training in female inline speed skaters. *Apunts Medicina De L'Esport*, 52(196):131-138.

20- Sheykhloovand M, MA Gharaat, Khalili E, Agha-Alinejad H, Rahmaninia F, Arazi H. (2017). Low-volume high-intensity interval versus continuous endurance training: effects on hematological and cardiorespiratory system adaptation in professional canoe polo athletes. *Journal of Strength & Conditioning Research*, 32(7)/1852–1860.

21- Keshavarz M, Bayati M, Farzad F, Dakhili AB, Agha-Alinejad H. (2017). The Second to Fourth Digit Ratio in Elite and Non-Elite Greco-Roman Wrestlers. *Journal of Human Kinetics*, 60: 145-151.

22- Khosravi N, Eskandari Z, Farajivafa V, Hanson ED, Agha-alinejad H, Abdollah-pour A, et al. (2018). Effect of 6 months of aerobic training on adipokines as breast cancer risk factors in postmenopausal women: A randomized controlled trial. *Journal of Cancer Research & Therapy*, 14:1336-40.

23- Koozehchian MS, Daneshfar A, Fallah E, Agha-Alinejad H, Samadi M, Kaviani M, Kaveh M, Jung YP, Hassanzadeh Sablouei M, Moradi N, Earnest CP, Chandler TJ, Kreider RB. (2018). Effects of nine weeks of L-Carnitine supplementation on exercise performance, anaerobic power, and exercise-induced oxidative stress in resistance-trained males. *Journal of Exercise Nutrition & Biochemistry*, 22(2):007-011.

24- Mokhtarzade M, Agha-Alinejad H, Motl RW, Negaresh R, JS Baker, Zimmer P. (2019). Weight control and physical exercise in people with multiple sclerosis: Current knowledge and future perspectives. *Complementary Therapies in Medicine*, 43:240–246.

Supervisor/Advisor to Theses and Dissertations in Tarbiat Modares University

Asghar Towfighi, norm-seeking BMI, WHR and WC in men 30 to 55 years in Tehran and assess its association with cardiovascular risk factors, Supervisor, 06/29/1382

Rozita Fathi, norm-seeking BMI, WHR and WC and linkages among women 30 to 55 years in Tehran, Advisor, MA, D 06/30/1382

Zahra Rajabi, Comparison of one- and two-day intense training at a concentration of immunoglobulin A and cortisol in elite female swimmers, Supervisor, 27/04/1383

Behzad Oshtorany, compare the effect of intense training in normal and g immunoglobulin A and cortisol concentrations in male distance runners, Supervisor, 28/04/1383

Gholamhosein Parnow, physiological and anthropometric profile of football's elite players, Advisor, 06/10/1383

Akram Jafari, evaluation of anthropometric, biomotor and bioenergetic characteristics of Taekwondo elite Iranian woman and the relationship of these features with its success, supervisor, 03/03/1384

Rasool Ya-Ali, setting norms features cardiorespiratory fitness, body composition anthropometric of elementary school students in Isfahan, Supervisor, 26/04/1384

Reza Mahmoud-abadi, assessment of body composition and cardiorespiratory fitness in boys 18-11 years old, Advisor, 11/11/1384

Mosayyeb Rastgar Harouki, correlation field tests and RAST test 300 yard sweep to measure anaerobic Wingate test in futsal players, Advisor, 15/11/1384

Vahid Valipur Dehnour, studying the characteristics and abilities of persons 10 to 18 years, the province of athletics, Advisor, 28/04/1385

Ehsan Ghahremanloo, Comparing the effects of three types of strength g, endurance and parallel trainion bioenergetic characteristics, maximum strength and body composition in untrained men, Supervisor, 05/04/1385

Ali Gorzi, the effect of 10 weeks of endurance training, strength and parallel (combined endurance and strength) on TNF- α and cortisol untrained men, Supervisor, 25/06/1385

A'zam Ahmadi, relationship between kinematic parameters and the results of jump shots in elite male basketball players, Supervisor, 12/12/1385

Somayeh Ahmadabadi, effect of a bout a eccentric and concentric exercise on muscle damage and changes in serum IL-6 women practice, Advisor, MA, D 13/03/1386

Kurosh Saremi, Correlation between Bosco 15-second test, 40-yard sprint, and 9-second hand and foot ergometry in assessment of anaerobic power of wrestlers. Advisor, 04/10/1386

Ali Khazani. Short-term effects of creatine monohydrate supplementation on anaerobic performance and blood lactate in wrestlers, Advisor, 31/04/1386

Somaye Yousefvand. Estimation of anaerobic power by New zigzag test, Supervisor, 06/18/1386

Mehdi Cheraghi. Effects of kinanthropometric measures on biomechanical properties of right punch skill inelite boxers, Supervisor, MA, D 01/07/1386

Asghar Tofighi, the effect of continuous aerobic training on HSP70 levels in mice with breast cancer, Supervisor, PhD, D 09/19/1386

Mahdiye Molanouri Shamsi. Designing Tarbiat Modarres Maximal Step Test (TMST) to estimate maximal aerobic power (VO₂max), Supervisor, MA, D 23/04/1387

Masoud Khubyari, active recovery effect on plasma TNF- α and cortisol in trained men, Supervisor, MS, 21.07.1387

Sajjad Arshadi. Effect of whole body vibration during recovery on anaerobic performance indices and blood lactate concentrations in wrestlers, Advisor, MS, 03.09.1387

Alireza Shahab, Acute effects of whole body vibration on responses of IL-6, cortisol and creatine kinase in elite soccer players, Supervisor, Master, 26/07/1388

Sadegh Amani Shalamzari. Effect of physical activity on body composition and serum CRP and IL-18 responses to a bout of circuit resistance exercise, Supervisor, 09/29/1388

Mehdi Bayati. effect of high-intensity interval training (HIT) on aerobic and anaerobic performance in active men, Advisor, 16/12/1388

Babak Farzad. Effect of 4 weeks of high-intensity interval training (HIT) on aerobic and anaerobic performance in wrestlers, Advisor, MS, D 19/12/1388

Vahid Yousefi, a brief period of high-intensity interval training (HIT) on aerobic and anaerobic performance of active men, Supervisor, Master, D 12/23/1388

Fatemeh Baesi. The effect of incremental exercise and supplementation of Omega 3 on resting concentrations of IFN- γ and IL-4 in national team rowers. Supervisor, MS, of the 29.6 / 1389

Mohammad Soleimani Farsani, Effect of 8 weeks of resistance training on S1p levels of cardiac muscle of male wistar rats, Advisor, MS, D 12/22/1390

Vahid Faraji Vafa. Effects of resistance exercise in hot environment on serum levels of IL-1ra and IL-1 in trained men, Supervisor, MA, D 29/06/1391

Yaghoob Shiri. Effect of 6 weeks of endurance training on IL-10 levels in tumor tissue of mice with breast cancer, Supervisor, MA, D 06/06/1392

Arezoo Eskandari Shahrabi. Effects of acute resistance exercise in hot environment on serum levels of IL-15, HSP70, testosterone, estrogen and cortisol in trained subjects, Supervisor, MA, D 06/16/1392

Amin Daneshfar. Developing the handball anaerobic test (HAT) for elite male handball players. Supervisor, MA, D 06/16/1392

Mohammad Amin Saei. Effects of 4 weeks of endurance training on IL-17 levels in tumor tissue of mice with breast cancer, Supervisor, MA, D 06/17/1392

Seyed Morteza Tyebi. Effects of acute and short-term consumption of jujube extract before circuit resistance exercise on apoptosis of human neutrophils, Supervisor, PhD, D 07/03/1392

Maryam Zylayah. Effects of acute resistance exercise in hot environment on IL-6 and TNF- α production by mononuclear cells stimulated with LPS in trained males, Supervisor, MA, D 12/11/1392

Sadegh Amani. Effect of endurance exercise on expression, tissue Bcl2, miR-21, and TPM1 in female mice with breast cancer, Supervisor, PhD, D 11/13/1392

Sara Panahi. Effect of resistance training on expression of HSP25 protein and MuRF1 gene in FHL muscle from diabetic rats, Supervisor, PhD, D 21/12/1392

Abdol-reza Kazemi. effects of endurance training on expression of STAT3, SOCS1, and MiR-155 in mice with breast cancer tumor, Supervisor, PhD, D 12/24/1392

Mustafa Baranchi. Comparison of acute effects of endurance, resistance, and concurrent exercises on concentrations of IL-17, cortisol and testosterone in active men, Supervisor, 24/12/1392

Research projects

Investigation of Psychological, Economic and Social Status of Sport Champions, 1372-73

Investigation and Comparison of Psychological Skills of Handball Players, 1375-76

Epidemiological Study of Sport Injuries Among Young Iranian Handball Players, 1376-77

Identifying Barriers of Research in Physical Education and Sport Sciences in Universities of Iran, 1377-79

Normalization of WHR in Iranian society and its association with cardiovascular risk factors, 1381-1384.

Evaluation of cardiovascular fitness and body composition of Iranian housewives and developing a national norm, 1380-86.

Developing General Fitness Norm for School Boys and Girls of Tehran According to Best AAHPERD Test, 1387-88.

Developing Physical Fitness Norms for Pre-school Children of Tehran, 1389-90.

Developing a Physical Fitness Norm for Citizens of Tehran, 1390-91.

Conference papers

Second Congress of elementary schools with emphasis on the period, 20-22 Shahrivar 1375 in Mashhad, the impact of physical activity on the growth of children, Agha-Alinejad H - Posters

The 5th International Past Participants Session of I.O.A Participants Association, Olympia 1997, Women Sport in Iran, Agha-Alinejad H. - Oral

The 4th Congress on Sports Medicine and handball, 2-4 Dec 1999 Oslo – Norway, Epidemiology and cause of injuries in Handball among young Iranian players, Agha-Alinejad H. - Oral

First Congress of Sport Psychology, 20-21 Tehran Aban 1377, evaluating the mental skills of players participating in the International Handball games 1374 - Kerman, Agha-Alinejad H - Presentations

Fourth National Conference on Physical Education and Sports Science, 3-4 Esfand 1379, Rasht, compare the amount of urinary protein excretion after exercise in athletes and non-athletes, Agha-Alinejad H - Presentations

International Congress of Sports Medicine, 10-11 Shiraz Esfand 1379, the prevalence and incidence of sports injuries in young handball players, Agha-Alinejad H - Presentations

First International Congress of Physical Education and Sport female students, Tehran Persian date Bahman 1379, talent identification in sports, Agha-Alinejad H - Presentations

1380, Effects of acute exercise to exhaustion on cellular immune responses in trained males, Third International Conference on Physical Education and Sports Science

Identification of problems and obstacles to career progress of research in Physical Education and Sport Sciences Departments of Iran Universities, 2002 ASPES International Conference

1381, Effects of vitamin E and C in the prevention of immune deficiency in athletes, the Fifth National Conference on Physical Education and Sports Science

The effect of vitamin E and C supplementation on the immune responses in trained men, The 8th Annual Congress of the European Collage of Sport Sciences

1382, physiology of overtraining in strength and power athletes, sports medicine and first International Congress of the International medical education

Physical activity and obesity, The 2nd ICHPER-SD Middle East Congress

1382, design and timing of strength training in handball, the first seminar on science and handball

1382, Determining the correlation between anthropometric characteristics and bio-energetic performance in elite female swimmers immature, Fourth International Conference on Physical Education and Sport Sciences

1382, Prevalence and etiology of low-back pain in elite athletes in five sports of gymnastics, swimming, wrestling, football, and taekwondo. Fourth International Conference on Physical Education and Sport Sciences

1382, normalization of BMI, WC, WHR and body fat percentage and its relation to physical activity in women 30 to 55 years in Tehran, Fourth International Conference on Physical Education and Sport Sciences

1383, assessment of daily physical activity and its role in health and quality of life, the first congress

1383, Normalization of weight and body fat percentage and its relationship with cardiorespiratory fitness in girls 11 and 14 years in Tehran, the Sixth National Congress of Physical Education and Sports Science

1383, Comparison of intense training in warm environments typical of immunoglobulin A and cortisol concentration in male distance runners, the Sixth National Congress of Physical Education and Sports Science.

1383, Comparison of effects of one- and two-day intense exercises on concentration of immunoglobulin A and cortisol in elite female swimmers, the Sixth National Congress of Physical Education and Sports Science

1383, the prevalence of overweight and obesity among school girls 11 and 14 years, Tehran, Sixth National Conference on Physical Education and Sports Science

1383, IgA and cortisol responses to exercise intensity in elite female swimmers , the Sixth National Congress of Physical Education and Sports Science

1383, the association between overweight and obesity and socioeconomic status of female students in Tehran, the Sixth National Congress of Physical Education and Sports Science

1383, physiological and anthropometric profile of elite football players in Iran, the Sixth National Congress of Physical Education and Sports Science

The effect of intensity of exercise on salivary immunoglobulin A, Cortisol, and DHEA in Iranian female swimmers. The 7th Symposium International Society of Exercise and Immunology

1384 Relationship of pain, physical activity and body mass index in women health workers, women's place in the National Conference on Health

1384, exercise and reduced back pain during pregnancy, the first international conference on safe pregnancy

1384, Standardization of WHR, BMI, body fat percentage in Iranian society and its relation to cardiovascular risk factors, the Fifth International Conference on Physical Education and Sports Science

1384, Comparison of the effects of intense exercise in hot environments and normal cortisol and salivary immunoglobulin in elite male cyclists, Fifth International Conference on Physical Education and Sports Science

1384, The effect of cardiac rehabilitation on functional capacity in patients after coronary artery bypass surgery (CABG) and angioplasty (PTCA), Fifth International Conference on Physical Education and Sports Science

1384, the effects of endurance training, strength and parallel (combination of endurance and power) bioenergetical features, maximum strength and body composition untrained men, Fifth International Conference on Physical Education and Sports Science

1384, Normalization and comparison of fitness and body composition of 8-1- year-old female students in Semnan, Fifth International Conference on Physical Education and Sports Science

1384, evaluation of the biomotor and bioenergetic characteristics of untrained girls 17-15 years in different phases of the menstrual cycle, the Fifth International Conference on Physical Education and Sports Science

1384, Effect of eight weeks of combined endurance and strength training on Quality of Life (QOL) in untrained male students, Fifth International Conference on Physical Education and Sports Science

1384, Effect of Physical activity on lower back pain on weight changes in the second and third trimesters of pregnancy, the Fifth International Conference on Physical Education and Sports Science

1384, Correlation between body mass index and percent body fat in 11 to 17-year- old boys. The Fifth International Conference on Physical Education and Sports Science

1384, Effect short-term detraining after concurrent training on aerobic and anaerobic power in untrained men. Fifth International Conference on Physical Education and Sports Science

Standardization of the WC, WSR, and percent body fat and the investigation of relationship and between them and physical activity among 30-55 year old women in Tehran, 11th Annual Congress of the European Collage of Sport Science

Survey on body composition, physiological and anthropometrical pfofile of Iranian elite indoor soccer(Futsal), 11th Annual Congress of the European Collage of Sport Science

Standardization of anthropometric indexes and the amount of physical activity and relationship with coronary heart risk-factors among Tehranian men aging from 30 to, 11th Annual Congress of the European Collage of Sport Science

Effects of strength, endurance and combined training on blood testestron and cortisol concentration, Vo2max, anaerobic power, maximum strength and body composition in untrained men, 11th Annual Congress of the European Collage of Sport Science

National Conference on Science and basketball, 28 September 1390, Rasht, the effect of a basketball competition on the response of serum interleukin 6 and 10 in young basketball players in Shiraz, Sharifyzada Sarah, Agha-Alinejad H, Kohanpour M, Mirsepasi M.

Eighth International Congress of Sports Medicine, Isfahan, 13-15 May 1391, the relationship between IGF-1 and GH with AST and ALT after a period of continuous and intermittent resistance training, Agha-Alinejad H, Alipur A, Kohanpour M, Mazidi A - poster

Eighth International Congress of Sports Medicine, Isfahan, 13-15 May 1391, the acute effects of resistance training on periodic and continuous measurements of cell damage in women, Alipour A, Agha-Alinejad H, Mirghni J- poster

Eighth International Congress of Sports Medicine, Isfahan, 13-15 May 1391, the effect of intermittent and continuous resistance training on muscle strength and body composition in women, Alipour A, Agha-Alinejad H - poster

Eighth International Congress of Sports Medicine, 13-15 May 1391 in Isfahan, designed especially Rowing aerobic test (RSAT) to estimate maximal oxygen uptake elite rowers, Gharakhanlou S, Agha-Alinejad H, Azerbaijani MA - Posters

Eighth International Congress of Sports Medicine, Isfahan, 13-15 May 1391, the effect of 8 weeks of exercise on body composition and blood indices parallel and serum inflammatory inactive teenage girls, Ansari Dogaheh, Agha-Alinejad H, Vosughi Baneh V - Posters

Eighth International Congress of Sports Medicine, Isfahan, 13-15 May 1391, the effect of 8-week, parallel to the ratio of testosterone to cortisol in serum and muscular fitness, wrestling, Mirghni SJ, Agha-Alinejad H., Azerbaijani MA, Mazidi A, Arshadi S - posters

Eighth International Congress of Sports Medicine, Isfahan, 13-15 May 1391, the effects of resistance training on hormones T3, T4 and TSH in active and inactive women, Boostani MH, Agha-Alinejad H, Piri M, Kohanpour MA - Poster

Eighth International Congress of Sports Medicine, Isfahan, 13-15 May 1391, short-term effects of glutamine supplementation on cardiorespiratory fitness and blood pressure in the recovery period after a single bout of resistance exercise, Razzaghi A, Kashef M, Gaeini A, Shahidi F, Agha-Alinejad H - posters

Eighth International Congress of Sports Medicine, Isfahan, 13-15 May 1391, the 8-week endurance training and resistance of IL-6, insulin resistance and glucose active adolescent girls, Boluri G, Agha-Alinejad H. Nasir Avanky, Graily Z - posters

Eighth International Congress of Sports Medicine, Isfahan, 13-15 May 1391, the association of anthropometric parameters with the shoulder and biomechanical parameters Dragon boat rowing women's national team, purbehzadi M, Sadeghi H, Agha-Alinejad H - Posters

First National Conference on Science and Wrestling, 19-20 May 1391 Tehran, the effect of exercise and parallel (combination of strength and resistance training) on lipid profile and blood cortisol and testosterone response in young male wrestlers, Mirghany SJ, Agha-Alinejad H, Azerbaijani MA, Mazidi A, Arshadi S, Alimardani A. - poster

Second National Conference of athletic talent, 26-27 Tehran Mehr 1391, compare the methods of static and dynamic stretching warm up with young soccer players on horizontal power, Fashi Muhammad, Agha Alinejad Hamid, Zabihi Fereydoun, Fshy Shahsavar, Fashi Houshyar, Daneshfar Amin, Shiri Yaghoub- poster

Second National Conference athletic talent, 26-27 Tehran Mehr 1391, describes the characteristics of anthropometric and body composition of students in national futsal team player, Shiri Y, Agha-Alinejad H., Fashi M, Keshavarz M, Dakhili A- poster

Second National Conference athletic talent, 26-27 Tehran Mehr 1391, anthropometric characteristics and body composition profile in adolescents and young handball players of the national team, Daneshfar Amin, Agha-Alinejad H. Nasir Khusraw, Fashi Muhammad - Poster

Second National Conference on Science and handball, 26-27 Tehran Mehr 1391, Periodization of strength training in handball, Agha-Alinejad H. - speaker training workshop

Second National Conference on Science and handball, 26-27 Tehran Mehr 1391, methods and indicators of talent in handball, Agha-Alinejad H - keynote speaker

Second National Conference on Science and handball, 26-27 Tehran Mehr 1391, the effects of glutamine supplementation with interval training on resting CD4 and CD8, A. Gilani, Agha-Alinejad H, Reza Karimi - Oral

Second National Conference on Science and handball, 26-27 Tehran Mehr 1391, the national team handball player profile of the type of body of young men, Daneshfar A, Agha-Alinejad H. Nasiri K- Oral

First National Student Conference of Exercise Immunology, 25 Aban 1391 Tehran, interleukin-6, Exercise and Metabolism, Delfan Mahmoud, Hamid Agha-Alinejad, Neda Delfan - keynote speaker

First National Student Conference of Exercise Immunology, 25 Aban 1391 Tehran, the effect of physical activity in the prevention and treatment of cancer, Fashi Muhammad, Hamid Agha-Alinejad - keynote speaker

First National Student Conference of Exercise Immunology, 25 Aban 1391 Tehran, cytokine responses and adaptations to resistance training, Nikseresht Mahmoud, Hamid Agha-Alinejad - keynote speaker

First National Student Conference of Exercise Immunology, 25 Aban 1391 Tehran, the effects of resistance exercise in a hot environment on the serum levels of IL-15, testosterone and cortisol in trained men, Eskandari wish, Hamid Agha-Alinejad, Reza Gharakhanlou, Maryam Zylaye - Oral

First National Student Conference of Exercise Immunology, 25 Aban 1391 Tehran, changes in serum levels of TNF- α , CRP and cardiovascular function after 8 weeks of resistance training in women 16-17 years old, disabled, authority Bane Wayne, Hamid Agha-Alinejad, Maghsoud Piri - Oral

First National Student Conference of Exercise Immunology, 25 Aban 1391 Tehran, the effect of physical activity in hypoxic conditions on the concentration of interleukin-8 and vascular endothelial growth factor in active young men, Sadegh Amani, Hamid Agha-Alinejad, Parisa Goudarzi - Posters

First National Conference on Student Exercise Immunology, 25 Aban 1391 Tehran, the effect of exercise on blood neutropenia in cancer patients treated with bone marrow transplantation, Batool Rezaei, Hamid Agha-Alinejad, Souri Rahman, Behzad Pakrad, Zahra Rajabi, Fashi Mohammad - poster

First National Conference on Student Exercise Immunology, 25 Aban 1391 Tehran, comparison of effects of endurance and resistance training on resting levels of TNF- α and CRP levels in adolescent girls, Vian Vosughi, Hamid Agha-Alinejad, Maghsoud Piri. Posters

International Shomal sport sciences conference, 5-6 Dec 2012 Amol, A comparison of the effects of endurance, resistance and concurrent exercise on blood immune cells, cortisol and testosterone levels in active men, Baranchi Mostafa, Agha-Alinejad H., Koenshlou Samane, Samavati Sharif Mohammad Ali

First National Conference of Physical Education and Sport Sciences at the Armed Forces, 9 Esfand 1391 Tehran, status monitoring of physical fitness in the armed forces, Amir Bahador Dakhili, Mehdi Bayati, Leila Ghadiri, Babak Farzad, Hamid Agha-Alinejad - Posters

First National Conference of Physical Education and Sport Sciences at the Armed Forces, 9 Esfand 1391 Tehran, treatment of obesity and overweight in military populations, Mohammad Fashi, Batool Rezaei, Pakrad Behzad., Hamid Agha-Alinejad. poster

International Congress on Women's Health Promotion, 20-22 Shahrivar 1392, Urmia, Iran, warm effect on cytokine and hormone response to a bout of resistance exercise in women, Arezoo Eskandari, Hamid Agha-Alinejad, Sadegh Amani. Published in booklet.

International Congress on Women's Health Promotion, 20-22 Shahrivar 1392, Urmia, Iran, fitness profile, Hamid Agha-Alinejad, Sadegh Amani. Published in booklet.

Third National Conference of athletic talent, 13-14 Azar 1392 Tehran, Iran indices talent in elite climbers, Arezoo Eskandari, Hamid Agha-Alinejad, Sadegh Amani. Oral

The 2nd International Congress on Science and Football, 6 - 7 November 2013, Tehran, Iran, Anthropometric & Physiological Profile of Iranian Elite Female Futsal Players, Akbari Mina, Agha-Alinejad H., MatinHomaee Hassan, oral

The 2nd International Congress on Science and Football, 6 - 7 November 2013, Tehran, Iran, The relationship between age and body mass with the soccer performance in the elite male soccer players, Akbari Amir, Agha-Alinejad H., Abdollahi Soheil, Seyed Akbar Taheri, poster

The 2nd International Congress on Science and Football, 6 - 7 November 2013, Tehran, Iran, The validity and reliability of Yo-Yo Intermittent Recovery Test 2(YIRT2) to estimate maximal oxygen uptake (VO₂max) in elit female futsal players, Akbari Mina, Agha-Alinejad H., MatinHomaee Hassan, poster

6th Breast Cancer Congress, 15-17 Aban 1392 Tehran, Iran, the effect of endurance training on serum levels of IL-8 and tumor size in female Balb C mice with breast cancer tumors, Haftchenari S, Agha-Alinejad H, Matinhomaei Hassan, poster

6th Breast Cancer Congress, 15-17 Aban 1392 Tehran, Iran, the effect of endurance training on serum TNF- α and tumor volume of mice with breast cancer, Najafi dream, Agha-Alinejad H, Piri M, poster

6th Breast Cancer Congress, 15-17 Aban 1392 Tehran, Iran, the effect of endurance training on tissue levels of IL-6 mice with breast cancer, Shokrollah F., Agha-Alinejad H. Piri M, poster

6th Breast Cancer Congress, 15-17 Aban 1392 Tehran, Iran, the effect of exercise on levels of cytokines IL-6 and VEGF tissue of mice with breast cancer, Amani Shalamzar S, Agha-Alinejad H. Alizadeh S, Kashani Khatib Z, Kazemi A, Saei MA, Minaei N. poster

6th Breast Cancer Congress, 15-17 Aban 1392 Tehran, Iran, the effect of 6 weeks of endurance training on the level of IL-12 in mice with breast cancer tumor tissue, Salmasi-Fard AH, Agha-Alinejad H. Rahimi AR, poster

6th Breast Cancer Congress, 15-17 Aban 1392 Tehran, Iran, effects of endurance exercise on IL-10 levels in tumor tissue of mice with breast cancer, Shiri Y, Agha-Alinejad H. Gharakhanlou R, Amani Shalamzar S, Saei MA. poster

The 12th International Congress of Immunology and Allergy of Iran, 29th April-2nd May 2014, Tehran, Iran, Exercise, air pollution and immune function, Agha-Alinejad H., Key lecture

The 12th International Congress of Immunology and Allergy of Iran, 29th April-2nd May 2014, Tehran, Iran, , Effect of six weeks of endurance training on IL-12 levels of tumor tissue in female mice with breast cancer, HosseiniZadeh Azadeh, Agha-Alinejad H., BanaeiFar AbdolAli, Oral

The 12th International Congress of Immunology and Allergy of Iran, 29th April-2nd May 2014, Tehran, Iran, A comparison of the acute effects of endurance, resistance and concurrent exercise on serum Interleukin-17 concentrations in active young men. Baranchi Mostafa, Agha-Alinejad H., Gharakhanlou Reza, Oral

The 12th International Congress of Immunology and Allergy of Iran, 29th April-2nd May 2014, Tehran, Iran, The effect of gender differences in cytokine and hormone response to a bout of resistance exercise in warm and normal environment, Eskandari Arezou, Agha-Alinejad H., Gharakhanlou Reza, Oral

The 12th International Congress of Immunology and Allergy of Iran, 29th April-2nd May 2014, Tehran, Iran, Effects of nonlinear resistance and aerobic interval training on cytokines and insulin resistance in obese men, NikSeresht Mahmoud, Agha-Alinejad H., Oral

The 12th International Congress of Immunology and Allergy of Iran, 29th April-2nd May 2014, Tehran, Iran, Effect of combination resistance exercise and heat stress on cell production of TNF- α and IL-6 cytokines. Zilaei Bouri Maryam, Agha-Alinejad H., Gharakhanlou Reza, Oral

The 12th International Congress of Immunology and Allergy of Iran, 29th April-2nd May 2014, Tehran, Iran, Effect of six weeks of endurance training on IL-4 levels of tumor tissue in female mice with breast cancer, SoleimaniFar Alaleh, Agha-Alinejad H., TarverdiZadeh Bahman, poster

The 12th International Congress of Immunology and Allergy of Iran, 29th April-2nd May 2014, Tehran, Iran, Effect of six weeks of endurance training on TGF- β levels of tumor tissue in female mice with breast cancer, Motamedi Sara, Agha-Alinejad H., , TarverdiZadeh Bahman, poster

The 12th International Congress of Immunology and Allergy of Iran, 29th April-2nd May 2014, Tehran, Iran,

Books:

1378, Mir Ali Seyed-amery and Sima Modir Khameneh. football practice for success, Urmia University, translating, scientific editor

1379, Marefat Siyahkoohian and Hamid Agha-Alinejad. Basics of football coaching (2), PNU, writing

1379, Hamid Agha-Alinejad, Step-by-step handball, Ministry of Education and Sports, Writing

1380 Hamid Rajabi, Hojjatollah Nikbakht, Reza Gharakhanlou, Mohammad Reza Kordi, Hamid Agha-Alinejad, The basic concepts of aerobic fitness, NOC, writing

1381, Zia Moeini, Farhad Rahmani-nia, Hamid Rajabi, Hamid Agha-Alinejad, Fatemeh Salami. Physiology of exercise (Volume 1), Mobtakeran, translator

1382, Zia Moeini, Farhad Rahmani-nia, Hamid Rajabi, Hamid Agha-Alinejad, Fatemeh Salami. Physiology of exercise (Volume 2), Mobtakeran, translation

1382, Mohammad Purkiani, Handball Education (2), PNU, writing, science editor: Hamid Agha-Alinejad

1382, Marefat Siyahkoohian and Farahnaz Meshkati, functional test of fitness, Donyaye Harakat, writing, scientific editor

1382, Hamid Agha-Alinejad , strength training periodization in soccer, Donyaye Harakat, writing

1382, Hamid Agha-Alinejad and Rahman Soori, Principles of programming exercises, Donyaye Harakat, translation

1382, Hamid Rajabi, Hamid Agha-Alinejad and Marefat Siyahkoohian, timing and design strength training exercise, Institute of Physical Education and Sport Sciences, translator

1383, Hamid Agha-Alinejad, Hojjatollah Nikbakht, Reza Gharakhanlou, Hamid Rajabi and Mohammad Reza Kordi. Basic concepts in anaerobic Fitness, NOC, writing

1385, Marefat Siyahkoohian, Hamid Agha-Alinejad. Hamid Rajabi. Periodization Training: principles and methodology of Training, Donyaye Harakat, translation

1385, Hamid Agha-Alinejad and A'zam Ahmadi. Physiology of Rowing: Coneing, NOC, translator

1385, Hamid Agha-Alinejad, physiology of Rowing: Kayak, NOC, translator

1386, Hamid Agha-Alinejad and Ehsan Ghahremanloo, physiology of handball, NOC, writing

1387, M. H. Shmami, Rowing, NOC, translation, scientific editor

1388, Hamid Agha-Alinejad, Alireza Safarzadeh, Amin Eisanejad, Mahdiyeh Molanouri Shamsi, Maryam Delfan, Zohreh Mirakhouri, Immune system function, exercise, Donyaye Harakat, translation

1388, Hamid Agha-Alinejad, Alireza Safarzadeh, Amin Eisanejad, Mahdiyeh Molanouri Shamsi, Maryam Delfan, Zohreh Mirakhouri, Immune system function, exercise, Donyaye Harakat, scientific editor.

1391, Hamid Agha-Alinejad, Marefat Siyahkoohian, Hamid Rajabi, Applied Exercise Physiology, Institute of Physical Education and Sport Sciences, Writing

1391, Hamid Agha-Alinajea, Proceedings of Exercise Immunology, Institute of Physical Education and Sport Sciences, collected

1392, Hamid Agha-Alinejad, Hamid Rajabi and Ali Gorzi, strength training periodization for tennis, Hatmi publications, translation

1393, Hamid Rajabi, Hamid Agha-Alinejad and Marefat Siahkoohian, timing and designing strength training exercise, Institute of Physical Education and Sport Sciences, translation (second edition)

Executive positions

1. Physical education teacher, district 3, Tabriz, 1987-1994
 2. Research Department administrator, research and education office, Physical Education Administration, 1993-1994
 3. Secretary of Book Council, National Olympic Committee, 1995-2000.
 4. Secretary, Exercise physiology commission, National Olympic Committee, 1995-2000
 5. Social sports commissionaire, National Olympic Committee, 1995-2000
 6. Head of research and education committee, handball federation, 2000-2002.
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7. President, Beach handball association, handball federation, 2000-2002.
8. Secretary, Handball association, Ministry of Science, Research and Technology, 2000.
9. Member of Marketing Committee, Asian Handball Federation, 2001-2005
10. Physical Education Director, Tarbiat Modares University, 2004.
11. Head of Fitness Counseling Centre, Tarbiat Modares University, 2004.
12. President, National Academy of Rowing, 2009-2011.
13. Cultural and Social Deputy, Iran Sport Sciences Research Institute, since 2014

Athletic history:

1. collegiate, youth and adult level Handball player in East Azerbaijan, 1982-1989
2. Player for Tabriz and Tehran Universities handball teams, 1988-1992
3. National student handball team, 1993-94
4. East Azerbaijan college handball teams coach, 1987-1992
5. Coach, Universities of Tabriz, Allame Tabatabaei, Kharazmi, Payam-e-Noor and Tarbiat Modarres handball teams, 1994-2005.
6. Conditioning coach, National Youth Handball Team, under Taghi Anari, 1999.
7. Head coach, National Student handball team, 2000.
8. National Handball Federation Certified Lecturer, since 1998.
9. Conditioning coach, national tennis team, 2007-2008
10. Member, Department of Strength and Conditioning, National football federation, since

Awards and certificates:

- 1- Selected Book Award from the 1st Conference of Selected Thesis, Research and Book in the field of physical education and sport sciences, 2001
- 2- Best Book Award from the 3rd Roshd Educational Books Festival for Step-by-step Handball, 2002
- 3- Islamic Republic of Iran's Book of Year award for The Physiology of Sport and Exercise, 2004
- 4- Applied Sport Psychology –Level 1 certificate from International Society of Sport Psychology, 1994
- 5- Certificate of “Olympic Solidarity Coaching Course in Handball”, International Olympic Committee, 1995
- 6- Certificate of The Advanced Handball Lecturer's Course, International Handball Federation and I.R Iran Handball Federation, 1997
- 7- Certificate of The Sport Medicine Course, International Olympic Committee, 2003

Scientific affiliations:

- 1- Staff member, International symposium of sports biomechanics, 1999
- 2- Scientific board, Sports Medicine International Congress, 2001
- 3- Scientific board, 3rd International Congress on Physical Education and Sport Sciences, 2001
- 4- Sports Technology department, Sport Sciences Research Institute, Tehran, Iran, 2002
- 5- Scientific board and organizing council, 5th National Congress on Physical Education and Sport Sciences, 2003
- 6- Organizing council, 1st Science and Football Symposium, 2002
- Scientific board, 4th International Congress on Physical Education and Sport Sciences, 2003
- 7- Organizing council, 1st Science and Wrestling Symposium
- Scientific board, 4th International Congress on Physical Education and Sport Sciences, 2005
- 8- Scientific board, 2nd National Congress on Science and Handball, 2012
- Scientific board, 2nd National Congress on Sport Talent Identification, 2012
- 9- Scientific board, 3rd International Scientific-Student Congress of Asian Universities, 2012

10- President and member of organizing council, 1st National Collegiate Congress on Exercise Immunology, 2012

11- Iranian Association of Physical Education and Sport Science, since 2002

12- Inspector, Iranian Association of Physical Education and Sport Science, since 2014

Staff and reviewer affiliations:

- Staff, Journal of *Research in Movement Science and Biological Aspects of Physical Activity*, 2012-continued
 - Staff, *Sport Sciences Research Quarterly*
 - Reviewer, *Olympic Quarterly*
 - Reviewer, *Research in Sport Sciences Quarterly*
 - Reviewer, *Exercise and Sport Sciences Quarterly*
 - Reviewer, Iranian Journal of Endocrinology and Metabolism
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