




Name & Surname: Maryam Janbozorgi

Date of Birth: 1984 August 10, Friday

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PROFESSIONAL PROFILE:

Instructor of Exercise Physiology in Shahid Chamran University (SCU) of Ahvaz.

EDUCATION BACKGROUND:

Ph.D.: Exercise Physiology Student (2021), Tehran University, Tehran, Iran

Thesis title:

“The effect of light phase and dark phase of endurance training on some indicators of Senescence, mass and function of β cells in diabetic mice”

MSc: Exercise Physiology (2009), Shahid Chatman University of Ahvaz, Iran

Dissertation title:

“Comparison of two types of recreational and compulsory methods training on serum lipoprotein profiles untrained girl students of Shahid Chamran university”

TEACHING AND TRAINING EXPERIENCE:

- Physical Readiness1
- Physical Readiness2
- Table Tennis1
- Table Tennis2
- Internships for Individual Courses
- General Physical Education1
- General Physical Education2
- Massage Therapy Course

INTERESTS AND RESEACH FIELDS:

- Exercise Physiology
- Exercise Biochemistry
- Cellular and Molecular Research

RESEARCH ACTIVITIES:

- Janbozorgi, M., & Khajehlandi, M. (2019). Comparson the changes in hormonal levels of testosterone and cortisol following resistance training with and without blood flow restriction in female athletes. *Medical Journal of Tabriz University of Medical Sciences and Health Services*, 41(5), 25-33.
- Khajehlandi, M., Nikbakht, M., & Janbozorgi, M. (2017). Comparing the effect of 6 weeks of resistance training with and without vascular occlusion on growth hormone levels in female physical education students. *Qom University of Medical Sciences Journal*, 11(8), 29-36.
- Khajehlandi, M., & Janbozorgi, M. (2018). Comparison of the effect of one session of resistance training with and without blood-flow restriction of arm on changes in serum levels of growth hormone and lactate in athlete females. *KAUMS Journal (FEYZ)*, 22(3), 318-324.
- Khajehlandi, M., & Janbozorgi, M. (2018). Effect of one session of resistance training with and without blood flow restriction on serum levels of creatine kinase and lactate dehydrogenase in female athletes. *Journal of Clinical and Basic Research*, 2(2), 5-10.

- Pourabdi, K., Shakeriyan, S., Pourabdi, Z., & Janbozorgi, M. (2013). Effects of short-term interval training courses on fitness and weight loss of untrained girls. *Annals of Applied Sport Science*, 1(2), 1-9.

PUBLICATIONS:

- Physical Fitness For Student Of Sport Science (Volume 1) -Ahvaz Medical Olomofonon Publish- 2017
- Physical Fitness For Student Of Sport Science (Volume 2)- Ahvaz Medical Olomofonon Publish-2018
- Basketball Anatomy – Zagros Shahrtash Publish- 2020
- Sport Nutrition – in Publication process

CONFERENCE PRESENTATIONS:

- The effect of recreational football on the levelsof atherosclerotic lipids in the onerweight girls university students, Conference of the international journal of arts and science, 2011, IJAS Conference Department Cumberland, Rhode Island, USA
- The effect of short-term periodic exercise on lipid, hemoglobin and hematocrit profile of non-athlete girls, 5th International Conference on sports Management and Economic, 11 September 2014

RESEARCH PROJECTS:

- Examine the relationship between weight and BMI in active and no-active girls with physical fitness test AAHPERD Shahid Chamran University of Ahvaz and comparison with the standard norms in other universities
- Comparison the effect of a bout of resistance training with and without arm vascular occlusion on Growth Hormone, testosterone and lactae in female athletes

LANGUAGES:

Persian (native)

English (medium)