



Reza Delavar

Associate Professor

Faculty : Educational Sciences and Psychology

Departments : Sports Sciences

Phone : +9854 - 31132915

Email : delavar@ped.usb.ac.ir

Address : Dept.of Sports Sciences, Faculty of Educational Sciences and Psychology, University of Sistan and Baluchestan, Daneshgah Ave., Zahedan, Iran.

Education

- ✓ B.Sc, Physical Education and Sport Science,Guilan University - 1991
- ✓ MS, Physical Education and Sport Science,University of Isfahan - 1999
- ✓ PhD, Physical Education and Sport Science,Bu-Ali Sina University - 2015
- ✓ PhD, Physical Education- Exercise Physiology,Bu-Ali Sina University - 2015

Courses

- | | |
|---|---|
| 1. Physical education 1 | 2. Physical education 2 |
| 3. [po | 4. 0 |
| 5. 0 | 6. 0 |
| 7. Introduction to research methods | 8. Human Physiology |
| 9. Nutrition and Exercise | 10. 0 |
| 11. 0 | 12. Exercise Physiology |
| 13. 0 | 14. Camps parenting |
| 15. jk | 16. Track and field |
| 17. 0 | 18. si |
| 19. Advanced sport Nutrition | 20. Effect Of Peripheral Factors on Sport Activity |
| 21. Biochemistry and sports nutrition | 22. kk |
| 23. Advanced human Physiology for Sport activity | 24. Advanced Exercise Physiology |
| 25. b | 26. Sport(1) |
| 27. General physical eduation | 28. oiu |
| 29. Advanced Laboratory Techniques for Exercise | 30. 0 |
| 31. Introduction to Research Methods | 32. Physical Activity and Health |
| 33. pooijh | 34. Talent in sports |
| 35. Advanced laboratory techniques | 36. f |
| 37. fghfgjghk | 38. hghfhjf |
| 39. Professional sports and social | 40. Specialized soccer/futsal |
| 41. Entrenamiento profesional de deportes laterales 1 | 42. III |
| 43. Internship in Basic Sports | 44. Internship in Team Sports |
| 45. Principle and nutrition of athelets | 46. Fundamental of Human Physiology |
| 47. Nutritional strategies in sports | 48. Sport Nutrition and Weight Control |
| 49. Sports nutrition and health | 50. Sports physiology in health |
| 51. Advanced human anatomy and physiology | 52. Assessment of physical activity and physical fitness |
| 53. Physiological evaluation of sports performance | 54. Laboratory Technique On Exercise and Sport activitiy |
| 55. Human physiology | 56. Clinical exercise physiology |
| 57. Sports physiology of special groups | 58. Prescribing special sports activities for the elderly |

Master Thesis

1. The Effect of a Short-term Physical, Cognitive and Respiratory Exercises along with L-Theanine and Caffeine Supplementation on Physiological Stress, competitive Anxiety and Cognitive Performance in EI

ناصر قاسمي, [Reza Delavar]

نیمسال دوم سال تحصیلی 1403-1404

2. Investigation of the effect of a course of supplementing L-carnitine with different doses on indicators and enzymes of the disease following Exhaustive Eccentric Exercise in inactive obese girls.

فاطمه بامدی, [Reza Delavar, J J, Mitra Khadem alshariyeh, Abbas Salehikia, Omid Mohammaddoost, Shila Nayebifar]

نیمسال اول سال تحصیلی 1403-1404

3. Comparison of Two types of HIIT and MICT Exercises on Glycemic and IL-6 indices of inactive overweight and obese young girls.

راضیه ساری, [Reza Delavar, J J]

نیمسال اول سال تحصیلی 1403-1404

4. investigating the effect of acute aerobic exercise with short-term L-carnitine supplementation on biochemical and physiological parameters related to lipid metabolism in obese women

فهیمة میر, [Reza Delavar, J J, Shila Nayebifar, Omid Mohammaddoost, Abbas Salehikia]

نیمسال اول سال تحصیلی 1403-1404

5. The acute effect of two types of eccentric and concentric exercise on the metabolic and antioxidant functions of the liver in inactive obese girls.

فاطمه زهرا سلطانی نیا, [Reza Delavar, J J, Shila Nayebifar, Abbas Salehikia, Omid Mohammaddoost]

نیمسال دوم سال تحصیلی 1403-1402

6. The effect of ginger supplementation on enzymatic and non-enzymatic indices and liver steatosis in inactive obese women in response to a session of eccentric exercise.

کبری رستم نژاد, [Reza Delavar, J J, J J]

نیمسال دوم سال تحصیلی 1403-1402

7. Study of The Effect of Moderate Intensity Aerobic Exercise Training with Eugenol on Amikacin- Induced renal failure in rat.

ناهید شیخ, [Reza Delavar, A A]

نیمسال دوم سال تحصیلی 00-01

8. study of the effect of six weeks of aerobic exercise at home and taking spirulina supplement on serum immunoglobulin A (IgA) levels in overweight and obese non_athlete women

فاطمه عباسی, [Reza Delavar,]

نیمسال دوم سال تحصیلی 00-01

9. Comparison of the effect of diaphragmatic and aerobic breathing training methods on improved lung function in patients with Covid 19

مژگان خمر, [Reza Delavar, L L, J J]

نیمسال اول سال تحصیلی 00-01

10. The effect of a course of aerobic exercise and berberine supplementation in comparison with Atorvastatin on lipid profile and weight changes in obese rats

امین الله خالدي سردشتي, [Reza Delavar, F F, Abbas Salehikia, Shila Nayeibifar, Mahmoud Fazel Bakhsheshi]

نیمسال اول سال تحصیلی 00-01

11. The effect of six weeks of aerobic exercise And exposure to cell phone waves before and during pregnancy on some indicators of neonatal blood serum and total antioxidant-oxidant in rats

سیده فاطمه موسوي, [Reza Delavar, Hamed Fanaee]

نیمسال اول سال تحصیلی 00-01

Journals Papers

2025

1. The Impact of Aerobic Exercise and Garlic Supplementation on Serum Levels of Interleukin-6 and Erythrocyte Sedimentation Rate in Women with Rheumatoid Arthritis: a preliminary randomized, placebo-controlled clinical trial.

MOHANNA KHALEGHI SHIRVAN, Reza Delavar, Shila Nayeibifar, Mahnaz Sandoughi

Rheumatology Research Journal Volume: (10) 55 - 61

2024

2. Impact of aerobic exercise training and garlic consumption on fatigue and cardiovascular risk factors in women with rheumatoid arthritis

Omalbanin Soghani, Reza Delavar, Mahnaz Sandoughi

Rheumatology Research Journal Volume: (9) 109 - 116

3. The Effect of Cold and Warm Environments on the Response of Antioxidant Capacity and Oxidative Stress to a Prolonged Running Session

, Reza Delavar, Majid Vahidian Rezazadeh

Zahedan Journal of Research in Medical Sciences Volume: (26) 1 - 6

2023

4. The Effect of Short-term Administration of High-dose Vitamins E and C on Serum Creatine Kinase and Myoglobin in the Resting Phase of Elite Sanda Athletes: A Randomized Trial

Mostafa Koohkan, Majid Vahidian Rezazadeh, Reza Delavar

Asian Journal of Sports Medicine Volume: (14) 1 - 7

5. Comparison of The Effect of Diaphragmatic and Aerobic Breathing Exercise on Lung Function of Female Patients Recovered from Covid-19 Infection in Zabol City

Mojgan Khammar, Reza Delavar, Leli Rezaei kahkhaei, mohsen ahmadi

Volume: (25) 1870 - 1879

2022

6. Impact of an Aerobic Exercise Training Course on Transfusion Blood Volume in Patients with β -Thalassemia major

Fatemeh Abdollaheidarmiyan, Reza Delavar, Mortaza Nikoofar, Majid Naderi

Volume: (19) 158 - 165

7. The Bone Metabolic Response to a Period of High-Intensity Intermittent Exercise Along with Calcium and Vitamin D Consumption in Postmenopausal Women

Homeyra Rakhshani, Reza Delavar, Mortaza Nikoofar

Zahedan Journal of Research in Medical Sciences Volume: (24) 1 - 6

2021

8. The Effect of Combined Exercise Course and Aloe-Vera Supplementation on Renal Function and Lipid Profile in Type 2 Diabetes Mellitus Patients: A Randomized Clinical Trial

Gasem Ahmadasab, Reza Delavar, Hamed Taheri

Iranian Journal of Diabetes and Obesity Volume: (13) 40 - 47

9. Comparison of the Effect of Maximal and Submaximal Aerobic Physical Activity on Saliva Enzymatic and Non-Enzymatic Antioxidant Indices in Middle-Age Women

, Reza Delavar, Mahmoud Fazel Bakhsheshi

Journal of Advanced Biomedical Sciences Volume: (11) 3750 - 3756

10. Comparison of the effect of glucose and fructose ingestion before exhaustive exercise on blood lactate and lactate dehydrogenase levels in non-athletic teen boys

Reza Mir, Reza Delavar, Shila Nayebifar

Volume: (25) 850 - 857

2020

11. The effect of biorhythm cycle on physical ability of volleyball girls

Somayeh Bizadi zadeh, Mortaza Nikoofar, Reza Delavar

Volume: (12) 85 - 99

12. The Effect of 8 Weeks Aerobic Training and Vitamin C on Creatine Kinase of Serum Levels in Type 2 Diabetes Patients

Mahla MahdaviFar, Reza Delavar, Mahmoud Ali Haykhaei

Iranian Journal of Diabetes and Obesity Volume: (12) 120 - 125

2019

13. The combinatory effects of combined training (enduranceresistance) and garlic supplementation on oxidative stress and antioxidant adaptations in untrained boys

, Reza Delavar, Shila Nayebifar

SCIENCE and SPORTS Volume: (34) 410.7 تا 410 - 1 تا

2017

14. The Effect of Eight Weeks of Combined Training and Garlic Supplementation on Adiponectin and Lipid Changes Among Inactive Boys

, Reza Delavar,

Volume: (22) 18 - 31

15. The Effects of Combined Training on Oxidative Stress and Antioxidant Defense Indicators

Reza Delavar, ,

International Journal of Basic Science in Medicine Volume: (2) 29 - 32

2016

16. The Effect of Aerobic Exercise Training on Plasma Apelin Levels and Pain Threshold in T1DM Rats

Reza Delavar, Ali Heidarianpour

Iranian Red Crescent Medical Journal Volume: (18) -

2015

17. The effect of four weeks detraining after a period of aerobic exercise training on plasma apelin levels and pain threshold in T1DM rat

Reza Delavar, Ali Heidarianpour

Volume: (13) -

2006

18. بررسی ارتباط خصوصیات شخصیتی و میزان افسردگی دانشجویان پسر ورزشکار و غیر ورزشکار. دانشگاه سیستان و بلوچستان

Reza Delavar

Volume: () -

Conferences Papers

2022

1. Plasma lactate Response to Eight Weeks of Aerobic Exercise and Supplementation of L-Arginine.

13th International Congress on Sport Sciences

Reza Delavar, Mostafa KHANI MASGHANI

2019

2. Effect of Combined Training(Resistance and Endurance)on Serum Levels of Irisin and BMI in Young and Overweight Women

3rd International Conference on Applied Research in Physical Education, Sport and Athletic Science

Reza Delavar, Sadegh Cheragh Birjandi, Maryam Hosseini

3. The Effect of 1 and 18 Sessions of intense periodic exercise and Consumption of grape seed extract on the level of tumor necrosis factor in non-athlete girls

The National Conference of Physical Education, Nutrition and Sport Medicine

Elahe Barzgari, Reza Delavar

4. The effect of 6 weeks of aerobic and combined training on BMI and serum homocysteine ??levels in obese women in Zahedan

Reza Delavar, Mortaza Nikoofar, Bahareh Bazy

2018

5. Effect of Flaxseed and 6 Weeks Endurance Training on Lipid Parameters in Overweight Non-Athletes Women.

The 4th National Conference on Sport Sciences and Physical Education of Iran

Somayeh Tarakme, Reza Delavar

2017

6. Effect of Flaxseed and 6 Weeks of Endurance Training on Blood Pressure Parameters in Overweight Non-Athletes Women.

2nd International Conference on Applied Research in Physical EducationSports and Athletic Science

Somayeh Tarakme, Reza Delavar

2016

7. Response of Apelin and pain threshold to Resistance Exercise in Wistar Rats

3rd. International Conference on Sport Sciences

Reza Delavar

Executive activities

Research Project

2004

2003

2000

1. [An Investigation of Spending the leisure time of the Students of Sistan and Balouchestan University](#)

Reza Delavar - 2000