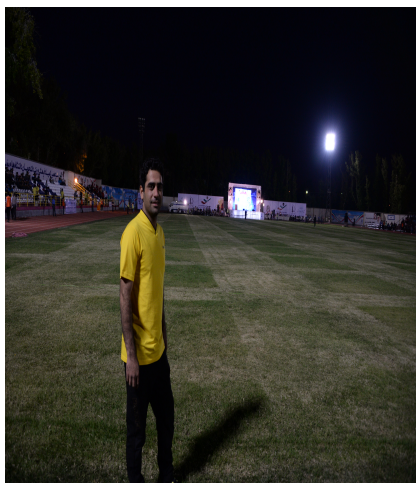




Omid Mohammaddoost

Assistant Professor

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Departments : Sports Sciences

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Education

- ✓ B.Sc, Physical Education and Sport Science, University of Birjand - 2006
- ✓ MS, Physical Education and Sport Science, University of Birjand - 2008
- ✓ PhD, Physical Education- Exercise Physiology, University of Tehran - 2024
- ✓ PhD, Physical Education- Exercise Physiology, University of Tehran - 2024

Courses

- | | |
|--|------------------------------------|
| 1. Physical education 2 | 2. Law and Ethics in Sport |
| 3. Derechos deportivos | 4. Management and how to run races |
| 5. swimming | 6. First aid |
| 7. qwe | 8. Ilkk |
| 9. Schools sports and Games | 10. sdf |
| 11. Basketball | 12. poiuyt |
| 13. Principles Philosophy of Education and Sport | 14. Traditional indigenous sports |
| 15. qwe | 16. qwe |
| 17. 0 | 18. Introduction to Sociology |
| 19. History Of Physical Education and Sport | 20. qafdaf |

Master Thesis

1. The impact of suspended eight weeks of resistance training and Eryngium billardieri extract on the lipid profile and cardiovascular risk factors - vascular Obese and overweight.

نیمسال دوم سال تحصیلی 96-97, [Ahmad Shahdadi, Omid Mohammaddoost]

نیمسال دوم سال تحصیلی 96-97

Journals Papers

2026

1. Effect of tomato juice supplementation on muscle damage indices and liver enzymes following a session of exhausting exercise in female athletes

Omid Mohammaddoost, ,

Volume: (19) 177 - 184

2. Response of Oxidative Stress Indices to Jujube Fruit Supplementation along with Endurance Exercise after a Session of Intense Exercise in Inactive Women

Omid Mohammaddoost, ,

Volume: (15) 290 - 300

3. The effect of four weeks of resistance training with and without blood flow restriction on serum cortisol levels in young male professional volleyball players

Shamsadin Matloub barahouyi, Abbas Salehikia, Omid Mohammaddoost, Maryam Banparvari

Volume: (9) 203 - 211

2025

4. Comparison of the effect of resistance, swimming, and combination training patterns on Bone density in female osteoporotic rats

Fateme Zeydabadi nejad, Maryam Banparvari, Omid Mohammaddoost

Volume: (11) 8390 - 8403

5. The effect of consuming water extract of Booghna and total body resistance Exercise (TRX) on serum levels of resistin and insulin resistance index in overweight and obese women

MOZHGAN JAHANI, Omid Mohammaddoost

Volume: (18) 195 - 203

6. The effect of eight weeks of curcumin extract consumption combined with combined exercise (aerobic + resistance) on tumor necrosis factor alpha and body mass index in inactive obese women

Motahareh Mirmahzoon, Abbas Salehikia, Omid Mohammaddoost

Volume: (18) 228 - 238

7. Effect of six weeks of total body resistance training (TRX) and curcumin consumption on liver enzyme levels in female athletes

Mahboubeh Masoum pour askari, majid vahiddian rezazadeh, Omid Mohammaddoost

Volume: (8) 282 - 288

8. Effect of Simultaneous Supplementation of Aqueous Extract of Mango Tree Along With Total Body Resistance Exercise (TRX) on the Serum Levels of Interleukin-6 and C-reactive Protein of Inactive Male Students

Omid Mohammaddoost, fateme shabkhiz, ali akhbar nejad, mohsen pormenti

Volume: (4) 1 - 13

9. Studying the effect of 12 weeks of combined exercise and Ginkgo biloba supplementation on brain wave patterns of middle-aged individuals

Mojtaba Ghavidel, Omid Mohammaddoost, Mohsen Ghofrani, masoumeh helalizadeh

Volume: (2) 50 - 62

10. Investigating the interactive effect of combined exercise with beta-hydroxybeta-methylbutyric acid (HMB) supplementation on insulin resistance and serum lipids in overweight and obese boys

, Omid Mohammaddoost, Mohsen Ghofrani

Volume: (2) 64 - 78

11. The effect of six weeks of high-intensity interval training (HIIT) on serum levels of brain-derived neurotrophic factor (BDNF), depression, and antisocial personality in women undergoing drug withdrawal

Foroogh Dahmardeh, majid vahidian, Omid Mohammaddoost

Volume: (19) 74 - 83

12. Effect of a Course of Eryngium billardieri Extract and Total-Body Resistance Exercise (TRX) Training on Lipid Profile and Some Risk Factors of Cardiovascular Diseases in Inactive Overweight and Obese Women

, Omid Mohammaddoost

Volume: (15) 236 - 246

2024

13. مطالعه اثر 12 هفته الگوهای تمرینی شنا، مقاومتی و ترکیبی مقاومتی شنا بر استحکام مکانیکی بافت استخوان رت های ماده ویستار

Sadegh Rigi, Maryam Banparvari, Mohammadreza Rezaeipour, Omid Mohammaddoost

Volume: (32) 77 - 90

14. بر سطوح سرمی پارامترهای استرس اکسیداتیو (HIIT) تاثیر شش هفته تمرین تناوبی با شدت بالا ورزشکاران رشته دوومیدانی شهر یاسوج

Sadegh Khademi, Abbas Salehikia, Omid Mohammaddoost, Mohammadali Mirshekar

Volume: (32) 67 - 76

15. Interactive Effect of TRX Training and Oral Consumption of Mango Tree Leaf Extract on Serum Levels of Interleukin-1 Beta and Anterometric Indices of Inactive Male Students

Omid Mohammaddoost, fateme shabkhiz, ali akbaenejad

Volume: (14) 1 - 12

16. The interactive effect of TRX training and oral consumption of mango tree leaf extract on serum levels of interleukin-12 and some anthropometric indices of overweight and obese male students

Omid Mohammaddoost, fateme shabkhiz, ali akbar nejad

Volume: (2) 21 - 38

2023

17. The comparison of the genetic profile of ACTN3 single-nucleotide polymorphism in elite weightlifters and non-athletes

Hamidreza Taji, Mohammadreza Batavani, Mohsen Ghofrani, Omid Mohammaddoost

Journal of Shahrekord University of Medical Sciences Volume: (25) 166 - 171

2022

18. Effect of Trampoline rebound exercises on cardiovascular indices, body mass index, and lipid profile of obese and overweight women

Mahdiye Piri, Mohammadreza Batavani, Mohsen Ghofrani, Omid Mohammaddoost

Volume: (1) 24 - 37

19. Effect of Ginseng supplement and aerobic exercise on NMDA level in non-athlete girls

Maryam Najafi, Majid Vahidian Rezazadeh, Omid Mohammaddoost

Volume: (7) 242 - 251

2021

20. Interactive effect of stevia aqueous extract and aerobic exercise on insulin resistance index and body composition of obese girls and boys during puberty

Mohsen Roknabadi, Mohammadreza Rezaeipour, Maryam Banparvari, Omid Mohammaddoost

Volume: (29) 55 - 67

21. Evaluation of the effects of six weeks TRX training and curcumin intake on some indicators of muscle injury in female athletes

Mahboubeh Masoum pour askari, Majid Vahidian Rezazadeh, Omid Mohammaddoost

Volume: (6) 253 - 261

22. The effect of aerobic exercise and isoflavone soy supplementation (Glycine soja) on changes in hemoglobin A1C and fasting blood sugar in type 2 diabetic patients

Abbas Salehikia, Danial Kalantari, Mohammadreza Rezaeipour, Omid Mohammaddoost

Volume: (25) 1194 - 1202

2020

23. Interactive effect of aerobic training and ginseng supplementation on brain-derived neurotrophic factor in girls 15 to 18 years

Maryam Najafi, Majid Vahidian Rezazadeh, Omid Mohammaddoost

Volume: (27) 25 - 34

24. Interactive effect of eight weeks combined training and curcumin consumption on serum levels of interleukin-12 and some anthropometric indicators in obese sedentary woman

Motahareh Mirmahzoon, Abbas Salehikia, Omid Mohammaddoost

Volume: (24) 565 - 575

Conferences Papers

2020

1. Response of alanine aminotransferase, alkaline phosphatase, and aspartate aminotransferase enzymes to TRX training and curcumin supplementation in young athlete girls

The 12th International Congress of SSRI on Sport Sciences (ICSSRI 2020)

2019

2. Interactive effect of aerobic training and ginseng supplementation on brain-derived neurotrophic factor in young girls

2017

3. Effect of 8 weeks of combined training with HMB supplementation on HDL, LDL and total cholesterol levels in obese male students

The first national conference on the countrys sporting achievements of students

abolfazl shikh visi, Omid Mohammaddoost, Mohsen Ghofrani

2016

4. Effect of water extract, black tea, cardamom on creatine kinase levels) - CK (fatigue index) LDH)

first national confarence on Developments in the field of soprt science Health, prevention and Championship

Omid Mohammaddoost, ,

5. Hype impact of energy drinks on blood glucose levels, fatigue index, heart rate and enzymes

first national conference on sports science developments in the field of health, prevention and Championship

Omid Mohammaddoost

6. Compare the quality of life of Sistan and Baluchestan University faculty members athlete and non-athlete

Second National Conference on Physical Education and Sport Sciences Iran

Omid Mohammaddoost, mitra maddi jaberi, arman shahdadnejad, fahime dastigerdi

7. Effect practicing balance and stability of the semi-dynamic balance of non athletic girls

Second National Conference on Physical Education and Sport Sciences Iran

Omid Mohammaddoost

8. Consumer engagement dates and aerobic training effect on CK, LDH, MDA and blood lactate after exhaustive activity in non athletic girls

Th Congress of the Second International Conference on Medicinal Plants and sustainable agriculture

sohila moghadm eftekhari, Omid Mohammaddoost, mitra madadi jaberi

9. The effect of four weeks of taking garlic supplements and aerobic exercise on glucose levels and insulin resistance in women with type II diabetes

Th Congress of the Second International Conference on Medicinal Plants and sustainable agriculture

Omid Mohammaddoost, mitra maddi jaberi, sohila moghadam eftekhari

10. Effect of water extract of black tea pushes the plasma levels of creatine kinase and fatigue index after an exhaustive exercise in male athletes

The first Hmayshmy developments in sports science in the field of health, prevention and heroism

Omid Mohammaddoost, mitra madadi jaberi, sohila moghadam eftekhari

11. Core balance and stability with and without the effect of the program on the implementation of semi-dynamic balance of female students

Second National Congress of strategies to achieve sustainable development in science and technology

faride saeid nematpor, ahmad ebrahimi atri, nahid bijeh, Omid Mohammaddoost

12. Effect of 8 weeks of combined training with HMB supplementation homa.ir index and total cholesterol levels in obese male students

The Second Congress of strategies to achieve sustainable development in science and technology

abolfazl shikh visii, Omid Mohammaddoost, Mohsen Ghofrani

13. The interaction effect of endurance training and celery seed supplementation on reactive protein - C (CRP (and profile

Second National Conference on Advances in Physical Education and Sports

Omid Mohammaddoost, mitra Maddi jaberi

Executive activities

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