



Shila Nayebifar Associate Professor

Faculty : Educational Sciences and Psychology

Departments : Sports Sciences

Phone : +9854 - 31136813

Email : shila_nayebifar@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, Sistan and Baluchestan University - 2008
- ✓ MS, Physical Education- Exercise Physiology, University of Birjand - 2010
- ✓ PhD, Physical Education- Exercise Physiology, University of Birjand - 2016

Courses

- | | |
|---|--|
| 1. General physical education | 2. Introduction to Research Methods |
| 3. df | 4. asd |
| 5. Effect Of Peripheral Factors on Sport Activity | 6. Physical Fitness2 |
| 7. ssddff | 8. Advanced Laboratory Techniques for Exercise |
| 9. Pripheal Stress On Exercise and Sport Activity | 10. Sport(1) |
| 11. Physical Fitness1 | 12. ;l |
| 13. Introduction to Lifesaving | 14. jhg |
| 15. v1 | 16. qwe |
| 17. 0 | 18. Sport Talent Identificon Fundamental |
| 19. Physiology of children and adolescentss | 20. Physiology of exercise |
| 21. Work with sports equipment | 22. Internship in Individual Sports |
| 23. Sport Kinesiology | 24. Physically Mentally Sports |
| 25. Sports physiology of children | 26. ll |
| 27. ddsjklfhkf | 28. Fatigue and recovery |
| 29. Seminar in sports physiology and health | 30. Internship in Team Sports |
| 31. Environmental stress and sports performance | 32. Research methods in sports physiology |
| 33. Statistical methods in sports physiology | 34. Environmental stress and physical activity |

Master Thesis

1. Investigation of rs7903146, rs12255372 polymorphism and TCF7L2 gene expression following aerobic training with and without blood vessel occlusion in type 2 diabetic patients
مینا ریگی, [Shila Nayebifar, T T]
نیمسال دوم سال تحصیلی 1401
2. Investigating polymorphism (rs4880) of SOD2 gene, its expression, telomere length and serum levels of TAC, TOS following training exercise with and without blood flow restriction in patients with typ
سمیرا انصاری راد, [Shila Nayebifar, T T]
نیمسال دوم سال تحصیلی 1401
3. The comparison of eight weeks of high intensity interval training and neurofeedback on serum BDNF and depression level in patients with mild to moderate major depression
فائزه شهرکی, [Shila Nayebifar, L L, L L]
نیمسال دوم سال تحصیلی 00-01
4. The effect of eight weeks of intense intermittent training and Nasturtium officinale on on seium of adrenomodulin and blood pressure in Patients subclinical hypothyroid
فاطمه نورا, [Shila Nayebifar, L L, L L]
نیمسال دوم سال تحصیلی 00-01
5. The interactive effect of 8 weeks of Bolagh Oti supplementation and high-intensity interval training gp91 phox, lipid profile in patients with subclinical hypothyroidism
سجاد اکاتی, [Shila Nayebifar, L L, L L, Abbas Salehikia, Reza Delavar, Mahmoud Fazel Bakhsheshi]
نیمسال دوم سال تحصیلی 00-01
6. The effect of aerobic exercise and curcumin supplementation on serum IL-17, NLR and quality of life in women with breast cancer
بهاره هراتی اکرمی, [Shila Nayebifar, Seyedmahdi Hashemi]
نیمسال دوم سال تحصیلی 00-01
7. Interactive effect of ISO whey protein intake and eight weeks of combined exercises during dialysis on serum hepcidin, iron, ferritin, functional kidney indicators, body fat percentage and DMS scale in
فائزه یوسفی قاسمی, [Shila Nayebifar, L L]
نیمسال اول سال تحصیلی 00-01
8. The effect of 8-week High intensity interval training on Keap1/ NRF2/ARE signaling pathway and antioxidant enzymes level in the hippocampus of male rats with type 2 diabetes
نرجس ابراهیم نژاد, [Shila Nayebifar, K K, L L]
نیمسال اول سال تحصیلی 00-01
9. The effect of eight weeks of high-intensity interval training and Nasturtium officinale on inflammatory factors (FABP4, hs-CRP) and Body composition in patients with subclinical hypothyroidism.
مطهره کاظمی تنها, [Shila Nayebifar, L L, L L]
نیمسال اول سال تحصیلی 00-01
10. The effect of eight weeks of inrta dialysis combined training and Iso whey protein supplementation on interleukin-6 levels, glycemic index, lipid profile and MIS index in hemodialysis patients.

[Shila Nayebifar, L L], الهام سرگل حسين زاده

نیمسال اول سال تحصیلی 00-01

Journals Papers

2023

1. بررسی اثرهم افزایی عصاره بولاغ اوتی و تمرینات تناوبی شدید بر سطح سرمی پروتئین اتصال در بیماران مبتلا به (hs-CRP) با حساسیت بالا C و پروتئین واکنش گر (FABP4) دهنده اسیدهای چرب 4 کم کاری خفیف تیروئید دارای اضافه وزن: یک کارآزمایی بالینی تصادفی شده

Motahareh Kazemitanha, Shila Nayeibifar, Elham Ghasemi, Shahin Nosrat Zehi

Volume: (14) 175 - 198

2. High-intensity interval training reduced oxidative stress and apoptosis in the hippocampus of male rats with type 2 diabetes: The role of the PGC1 α -Keap1-Nrf2 signaling pathway

Narjes Ebrahimnezhad, Shila Nayeibifar, Zahra Soltani, Kayvan Khoramipour

Iranian Journal of Basic Medical Sciences Volume: (26) 1313 - 1319

3. Intermittent vs. continuous swimming training on adipokines and pro-inflammatory cytokines in metabolic syndrome experimental model

Shila Nayeibifar, Hossein Nakhaei, Zohreh Borhani Kakhki, Elham Ghasemi

Hormone Molecular Biology and Clinical Investigation Volume: (44) 321 - 328

4. Decrease in serum asprosin levels following six weeks of spinning and stationary cycling training in overweight women

Hossein Nakhaei, Shila Nayeibifar, Hamed Fanaei

Hormone Molecular Biology and Clinical Investigation Volume: (44) 21 - 26

5. بر بیان ژن فاکتور (CGRP) همراه با مهار پپتید وابسته به کلسی تونین (HIIT) اثر تمرین تناوبی شدید در بافت هیپوکمپ موش های نر نژاد ویستار (EGFR) و گیرنده فاکتور رشد اپیدرمی (EGF) رشد اپیدرمی

Asma Jafari khoshan abadi, Sajjad Ramezani, Shila Nayeibifar

Volume: (30) 10 - 19

2022

6. The Combinatory Effect of Spirulina Supplementation and Resistance Exercise on Plasma Contents of Adipolin, Apelin, Ghrelin, and Glucose in Overweight and Obese Men

Mohammad Malekaneh, Dehghani Karim, Mogharnasi Mehdi, Saghebjo Marziyeh, Sarir Hadi, Shila Nayeibifa

MEDIATORS OF INFLAMMATION Volume: (2022) 1 - 9

7. The effect of eight weeks of high-intensity interval training vs. continuous training on serum Irisin levels and expression of skeletal muscle PGC-1 α gene in male rats with metabolic syndrome

zohreh Borhani kakhaki, Shila Nayeibifar, Hossein Nakhaei, Elham Ghasemi

Volume: (15) 95 - 103

8. Effect of intermittent running training on serum TNF- α level and insulin resistance in a rat model of metabolic syndrome.

, Shila Nayeibifar, Hossein Nakhaei

Volume: (29) 32 - 41

9. تاثیر تمرینات تداومی بر سطوح پلاسمایی آدیپولین، حساسیت به انسولین و درصد چربی زنان دارای اضافه وزن و چاق

Rezvaneh Galdavi, Mehdi Mogharnasi, Shila Nayeibifar

Volume: (10) 42 - 52

10. The Effect of 2 Months of High-Intensity Interval Training on Serum Levels of Glutathione (GSH) and Malondialdehyde (MDA) in Male Schizophrenic Patients

Mehran Beylari, Majid Vahidian Rezazadeh, Shila Nayeibifar

Volume: (9) 886 - 895

11. The Effects of Six Weeks of Endurance Training and CGRP Inhibition on Nrf2 and AKT Expression in the Hippocampal Tissue of Male Wistar Rats

Maryam Zare, Shila Nayeibifar, Soheil Aminizadeh, Majid Vahidian Rezazadeh

MEDIATORS OF INFLAMMATION Volume: (2022) 1 - 9

12. اثر تمرینات یوگا بر شاخص های هماتولوژیک زنان کوهنورد

Leila Jamshidi, Majid Vahidian Rezazadeh, Shila Nayeibifar, Mohammad Ali Molavi

Volume: (19) 234 - 242

13. اثر بخشی یک دوره تمرین هوازی بر شاخص های زیست حرکتی منتخب، پرخاشگری، اضطراب و پیشرفت تحصیلی دانش آموزان دختر مقطع متوسطه در ایام کرونا

Elham Ghasemi, Javad NakhzariKhodaKheyr, Shila Nayeibifar

Volume: (10) 40 - 50

14. اثر یک دوره تمرینات تناوبی شدید بر میزان اینترلوکین 4 سرمی در مردان مبتلا به اسکیزوفرنی

Marziyeh Safariyan, Shila Nayeibifar, Majid Vahidian Rezazadeh, Zahra Ghiasi

Volume: (9) 13 - 21

15. Modulation of Bone Metabolism Markers Following Low-Repetition and Light-Load Power Training in Postmenopausal Women: A Randomized Controlled Trial

Shila Nayeibifar, Elham Ghasemi

Polish Journal of Sport and Tourism Volume: (29) 20 - 24

2021

16. تأثیر 8 هفته دویدن تداومی بر سطوح سرمی پروتئین شبه متورین و اینترلوکین 6 در رت های نر مبتلا به سندرم متابولیک

, Shila Nayebifar, Abbas Salehikia, Hossein Nakhaei

Volume: (19) 78 - 89

17. بررسی تغییرات آمینوترانسفرازهای کبدی و مقاومت به انسولین پس از 4 هفته تمرینات تناوبی شدید و مصرف مکمل زنجبیل در مردان میانسال فعال

Shila Nayebifar, Elham Ghasemi

Volume: (28) 105 - 114

18. The Effect of Two Types of Exercise Preconditioning on the Expression of TrkB, TNF- α , and MMP2 Genes in Rats with Stroke

Mostafa Teymuri Kheravi, Shila Nayebifar, Seyedeh Motahareh Aletaha, Sara Sarhadi

Biomed Research International Volume: (2021) 1 - 7

19. Therapeutic Efficacy of Aerobic Exercise Training along with Oak Husk Hydroalcoholic Extract for Amelioration of Inflammation in Obese Elderly Male Mice

Iman Zakavi, Shila Nayebifar, Elham Ghasemi, Aliasghar Valipour

Biomed Research International Volume: (2021) 1 - 7

20. 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

21. Comparison of Effects of High-Intensity Interval Training and Continuous Training on Memory and Correlation with Antioxidant Enzyme Activity in the Rat Brain

Hossein Taheri Chadorneshin, Shila Nayebifar, Seyed-Hossein Abtahi-Eivary, Hossein Nakhaei

Annals of Military and Health Sciences Research Volume: (19) 1 - 7

22. و درصد چربی بدن زنان CTRP-3 اثر 6 هفته تمرینات اسپینینگ و دوچرخه ثابت بر سطوح سرمی چاق و دارای اضافه وزن

Zahra Safarpour, Shila Nayebifar, Mortaza Nikoofar

Volume: (24) 639 - 648

2020

23. Effect of high-intensity interval training and omega-3 supplementation on liver enzymes and lipid profile of young men

Shila Nayebifar, E. Ghasemi, Sajjad Karimipoor

SCIENCE and SPORTS Volume: (35) e1 - e9

24. Effect of high intensity interval training and supplementation of omega-3 on serum levels of brain derived neurotrophic factor and resting blood pressure of inactive male students

Sajjad Karimipoor, Shila Nayebifar, Mahmoud Fazel Bakhsheshi

Volume: (22) 17 - 25

25. Combined high-intensity interval training and green tea supplementation enhance metabolic and antioxidant status in response to acute exercise in overweight women

Elham Ghasemi, Mohammad Esmail Afzalpour, Shila Nayeibifar

Journal of Physiological Sciences Volume: (70) 1 - 9

26. The Response of Some of Hematological Indicators to 6-Week High- Intensity Interval Training along With Omega-3 Supplement Intake in Sedentary Boys

Sajjad Karimipoor, Shila Nayeibifar

Volume: (25) 61 - 72

27. The Individual and Combined Effect of Intense Intermittent Exercise and Ginger Medicinal Plant on Cardiovascular Risk Factors in Middle-aged Athlete Men

Moslem Shahraki, Shila Nayeibifar, Mahmoud Fazel Bakhsheshi

Volume: (5) 71 - 80

28. Anti-inflammatory properties of combined aquatic extract of *Ferulago angulata* boiss with aerobic exercise on pro-inflammatory indices in obese males

Iman Zakavi, Shila Nayeibifar, Elham Ghasemi, Aliasghar Valipour

Journal of Research in Medical Sciences Volume: (25) 1 - 8

29. Effectiveness of Eight Weeks Aerobic Training and Nano Curcumin Supplementation on Serum Amyloid A Protein Content and Body Composition in Overweight and Obese Women

Fatemeh Jamshidirad, Mortaza Nikoofar, Shila Nayeibifar

Volume: (12) 1 - 8

30. تاثیر 6 هفته تمرین تناوبی شدید بر سطوح سرمی عامل نوروتروفیک مشتق از مغز و ترکیب بدنی دانشجویان پسر غیرفعال

Sajjad Karimipoor, Mahmoud Fazel Bakhsheshi, Shila Nayeibifar

Volume: (5) 699 - 707

2019

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

, Reza Delavar, Shila Nayeibifar

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

32. Benefits of 10 weeks of high-intensity interval training and green tea supplementation on cardiovascular risk factors and VO₂max in overweight women

Elham Ghasemi, Shila Nayeibifar

Journal of Research in Medical Sciences Volume: (24) 1 - 7

33. The Effects of Resistance and Endurance Training on Levels of Nesfatin-1, HSP70, Insulin Resistance and Body Composition in Women with Type 2 Diabetes Mellitus

M. Mogharnasi, asiye taji tabasn, , Shila Nayeibifar

SCIENCE and SPORTS Volume: (34) 15 - 23

34. Changes in hepatic aminotransferases and insulin resistance index after 10 weeks of intense exercise and green tea consumption in overweight young women

Elham Ghasemi, Shila Nayeibifar

Volume: (62) 1700 - 1709

2018

35. Aerobic exercise training reduces inflammatory markers involved in atherosclerosis

Shila Nayeibifar, Hossein TaheriChadorneshin

Journal of Basic Research in Medical Sciences Volume: (5) 29 - 37

2017

36. Effect of resistance exercise training on biochemical markers and anthropometric characteristics involved in atherosclerosis in obese women

Shila Nayeibifar, Hossein TaheriChadorneshin

Journal of Basic Research in Medical Sciences Volume: (4) 36 - 43

37. اثر تمرین تناوبی شدید و مکمل زنجبیل بر برخی از شاخص های ضد اکسایشی سرم، آمادگی قلبی - تنفسی و شاخص توده بدنی زنان دارای اضافه وزن

Mohammad Esmail Afzal pour, Somaye Khiyabani, Hossein Abtahi Eivari, Shila Nayeibifar

Volume: (67) 703 - 711

38. تغییرات فشار خون، ترکیب بدنی و حداکثر توان هوازی، در پی 10 هفته تمرینات تناوبی شدید و مصرف زنجبیل در زنان دارای اضافه وزن

Shila Nayeibifar, Mohammad Esmail Afzal pour, tooba kazemi, seyed Hossein Abtahi Eivari, Mehdi Mogha

Volume: (11) 19 - 27

2016

39. The effect of a 10-week high-intensity interval training and ginger consumption on inflammatory indices contributing to atherosclerosis in overweight women

Shila Nayeibifar, MohammadEsmail Afzalpour, Toba Kazemi, SeyedHosein Abtahi Eivary, Mehdi Mogharnasi

Journal of Research in Medical Sciences Volume: (21) 116 - 123

40. effects of high intensity interval training and ginger on cardiac structural and functional adaptations

Tooba Kazemi, Shila Nayeibifar, Mohammad Esmaeil Afzalpour

Volume: (18) 251 - 259

41. Determination of Atherosclerosis markers changes after HIIT and ginger consumption in response to acute exercise in overweight women

Mohammad Afzalpour, Shila Nayeibifar, Tooba Kazemi, Seyed-Hosein Abtahi-Eivary, Mehdi Mogharnasi

Journal of Applied Pharmaceutical Science Volume: (6) 78 - 84

1. The effect of high-intensity interval training on serum interferon gamma levels in men with schizophrenia

Second National Conference on Sport Sciences

Ameneh Padash, Majid Vahidian Rezazadeh, Shila Nayeibifar, Zahra Ghiasi

2. The effect of high-intensity interval training on serum glutathione levels in men with schizophrenia

Mehran Beylari, Majid Vahidian Rezazadeh, Shila Nayeibifar

2019

3. Investigation of neuromuscular and proprioceptive training effect on the anterior-posterior stability of the posture in volleyball young boys during the tournament

The 2nd International Conference on the New Horizons in the Basic and Technical Sciences and Engineering

Executive activities

مدیر گروه علوم ورزشی

from 1401/12/16 - now

Research Project

2019
