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Education

- ✓ B.Sc, Physical Education and Sport Science,Sistan and Baluchestan University - 1997
- ✓ MS, Physical Education and Sport Science,Kharazmi University - 2002
- ✓ PhD, Physical Education and Sport Science,University of Tehran - 2016

Courses

- | | |
|--|---|
| 1. Health and Sports | 2. Handball1 |
| 3. tre | 4. Physical education 1 |
| 5. Corrective Exercises | 6. kk |
| 7. Sport(1) | 8. Movimientos correctivos especiales de los instructores |
| 9. Safety and Personal Hygiene in Sport | 10. Internship in Team Sports |
| 11. Scouting Seminar - Exercise Exercise | 12. sdf |
| 13. qe | 14. Traditional Games |

Master Thesis

Journals Papers

2024

1. TRX Training Impact on Femur Neck Bone Density and Serum Leptin in Osteopenic Women: A Four-Month Study

Fatemeh Podine, Abbas Salehikia, Maryam Banparvari, Zahar Raghi

Journal of Basic Research in Medical Sciences Volume: (11) 34 - 44

2022

2. The Effect of Four Months of Core Stability Training on Femoral Bone Mineral Density and Lower Extremity Muscles Strength in Postmenopausal Women

Mehdi Riyahi, Zahar Raghi, Maryam Banparvari, Abbas Salehikia

International Journal of Health Studies Volume: (8) 7 - 12

2021

3. Efficacy of the WATERinMOTION Aquatics Exercise Programme on the Body Weight and Composition of Sedentary Older Women with Overweight/Obesity

Mohammadreza Rezaeipour, Gennady Leonidovich Apanasenko, Zahar Raghi

Montenegrin Journal of Sports Science and Medicine Volume: (10) 19 - 24

4. The Effect of Four Months of TRX Training on Lumbar Bone Mineral Density and its Relationship with Serum Adiponectin Level in Osteopenic Women

Azadeh Saber Shahraki, Abbas Salehikia, Maryam Banparvari, Zahar Raghi

International Journal of Health Studies Volume: (7) 1 - 5

5. Study of Anthropometric and Body Composition Variables in the Overweight/Obese, Sedentary Elderly Men Using WATERinMOTION Aqua Training: A cross-Sectional Study

Mohammadreza Rezaeipour, Vladimir Ivanovich Nychyporuk, Zahar Raghi

Asian Journal of Sports Medicine Volume: (12) 1 - 6

6. Effects of 4 months core stability training on Lumbar Bone Mineral Density, trunk muscles strength and endurance and hand grip strength in postmenopausal Women

Ebrahim Yusefi, Maryam Banparvari, Abbas Salehikia, Zahar Raghi

Turkish Journal of Physiotherapy and Rehabilitation Volume: (32) 38174 - 38184

2020

7. Effect of Corrective Exercises with Emphasis on Gluteal Muscles Activation on Active Female Dynamic Balance in running

Negar Kooroshfard, Fereshteh Eftekhari, Mohammad Hemmatinafar, Zahar Raghi

Volume: (9) 247 - 253

2019

8. A Comparison of Feed-Forward Activity of Selected Ankle Muscles between Active Collegiate Girls at the Risk of Ankle Sprain and Healthy Girls

Zahar Raghi, Mohammad Hossien Alizadeh, Housman Minoonejad, Reza Rajabi

Volume: (10) 147 - 166

2006

9. برمیزان انعطاف پذیری عضلات PNF تاثیر دو شیوه کششی ایستا و تسهیل عصبی عضلانی همسترینگ پای غیر غالب دانش آموزان دختر

Zahar Raghi,

Volume: () -

Conferences Papers
