
PERSONAL INFORMATION

Soheil Aminizadeh

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<https://scholar.google.ca/citations?user=O1rEkYwAAAAJ&hl=en>

RESEARCH INTERESTS

- Exercise Training (Neuromuscular)
- Exercise training and obesity
- Antioxidant supplementation (MitoQ)
- Estrogen-Related Receptors (ERRs)
- Cardiovascular Diseases (CVD)
- Metabolic Syndrome (Diabetes and Heart Failure)
- High and Low Frequency Fatigue
- Magnetic Brain Stimulation and Electric Nerve Stimulation
- Exercise Physiology and Sport Sciences

EDUCATION AND TRAINING

2016-2017 Research training

- ❖ Research Scholar at Medical center, Veterans Affairs, University of Utah, Salt Lake City, Utah (USA)
 - Department of Vascular, Veterans Affairs Medical Center, University of Utah ([Studying and Performing Magnetic Brain and Electrical Nerve Stimulation techniques in Human](#))
- ❖ Research Scholar at Nutrition and Integrative Physiology department, University of Utah, Salt Lake City, Utah (USA)
 - Department of Anesthesiology, University of Utah ([Performing Western blotting, Real time PCR, HPLC, Cell culture techniques](#))

Supervisor: Professor Markus Amann (<https://scholar.google.com/citations?user=kSPTb20AAAAJ&hl=en>)

2013-2018 PhD

- PhD in Exercise Physiology, Neuromuscular Physiology
Ahwaz University, Ahwaz, Iran (2013-2018)
Thesis Supervisor: *Professor Abdolhamid Habibi*
Thesis title: The role of PDK4 and ERR α on endurance training-induced adaptation on lipid metabolism in skeletal muscle of diabetic rats
GPA: 19.50/20. First GPA among the students of the same enrollment year.

2011-2013 Master

- M.Sc. in Exercise Physiology, General
Shahid Bahonar University of Kerman, Kerman, Iran (2011-2013)
GPA: 17.97/20. First GPA among the students of the same enrollment year.
Thesis Title: Comparison of the effects of different exercise intensities on resistance to induced cardiac ischemia in male adult rats
Thesis Supervisor: *Professor Hamid Marefati*
Relevant Courses: Exercise Physiology (17.25/20), Human Physiology 1(17/20), Science of training (18.5/20)

2008-2012 Bachelor

- B.Sc. in Physical Education and Sport Sciences,
Shahid Bahonar University of Kerman, Kerman, Iran (2008-2012)
GPA: 15.85/20. Second GPA among the students of the same enrollment year.
Relevant courses: Exercise Physiology (18.25/20), Anatomy (15.5/20), Physical fitness (19/20)

PUBLICATIONS

- Shahouzehi B, Eghbalian M, Fallah H, **Aminizadeh S**, Masoumi-Ardakani Y. Serum microRNA-33 levels in pre-diabetic and diabetic patients. *Mol Biol Rep.* 2021 May; 48(5):4121-4128. doi: 10.1007/s11033-021-06425-7. Epub 2021 Jun 19. PMID: 34146198.
- B. Shahouzehi, Y. Masoumi-Ardakani, **S. Aminizadeh**, H. Nasri*. Expression of antioxidant enzymes genes in the liver and cardiac tissues of rats under L-carnitine administration and high-intensity interval exercise training. *Ukr.Biochem.J.* 2021; Volume 93, Issue 4, Jul-Aug, pp. 55-65
- Shahouzehi, B., Nasri, H., **Aminizadeh, S.**, Masoumi-Ardakani, Y. (2021). The Effect of High-intensity Interval Training and L-carnitine on the Expression of Some Pro-inflammatory Genes in the Liver and Cardiac Tissues of Rats. *Journal of Kerman University of Medical Sciences*, 28(1), 56-68. doi: 10.22062/jkmu.2021.91564
- **Aminizadeh, S.**, Habibi, A., Masoumi-Ardakani, Y. et al. The role of estrogen-related receptor α (ERR α) in metabolic adaptations by endurance training in skeletal muscle of streptozotocin-induced diabetic rats. *Sport Sci Health* 17, 585–596 (2021). <https://doi.org/10.1007/s11332-020-00714-7>.
- **Soheil Aminizadeh**, Hamid Marefati*, Hamid Najafipour, Siyavash Joukar, Shahriar Dabiri, Beydolah Shahouzehi. Protective Effects of High-Intensity versus Low-Intensity Interval Training on Isoproterenol Induced Cardiac Injury in Wistar Rats. *Research in Cardiovascular Medicine*. DOI: 10.5812/cardiovascmed.34639

- **S. Aminizadeh**, Y. Masoumi-Ardakani, B. Shahouzehi. The effects of PDK4 inhibition on AMPK Protein levels and PGC-1 α gene expression following endurance training in skeletal muscle of Wistar rats. *Ukr Biochem J.*, 2018, Vol. 90, N 6.
- Masoumi-Ardakani, Y., **Aminizadeh, S.** & Shahouzehi, B. The adaptations induced by Estrogen Related Receptor alpha (ERR α) disruption and exercise training on healthy and diabetic rat's liver. *Biologia* (2020). <https://doi.org/10.2478/s11756-020-00532-9>
- Yaser Masoumi-Ardakani, **Soheil Aminizadeh**, Beydolah Shahouzehi. Effect of the Combination of Training and ERR α Inhibition on Liver Metabolism by Modulation of PDK4 and LXR- α Expression in STZ-Induced Diabetic and Healthy Rats. *Biointerface research in applied chemistry*. Volume 10, Issue 6, 2020, 7011 – 7022.
- Masoumi-Ardakani, Y., **Aminizadeh, S.**, Fallah, H. *et al.* L-Carnitine different doses affect serum and pancreas tissue Antioxidative defense and histopathology in STZ-induced diabetic rats. *Biologia* (2020). <https://doi.org/10.2478/s11756-020-00432-y>
- B. Shahouzehi, K. Barkhordari, **S. Aminizadeh**, Y. Masoumi-Ardakani. Effect of L-carnitine administration on serum insulin and adiponectin levels, and AMPK, APPL1 and PPAR γ gene expression in ST Z-induced diabetic rat liver. *Ukr Biochem J.*, 2017, Vol. 89, N 6.
- Hamid Marefati, Yaser Masoumi-Ardakani, Saeed Shakerian, Abdolhamid Habibi, **Soheil Aminizadeh***, Beydolah Shahouzehi. The Effects of Pyruvate Dehydrogenase Kinase 4 (PDK4) Inhibition on Metabolic Flexibility during Endurance Training in Skeletal Muscles of Streptozotocin-induced Diabetic Rats. *Journal of Kerman University of Medical Sciences*, 2020; 27 (4): 304-317.
- Beydolah Shahouzehi, K. Barkhordari, **Soheil Aminizadeh**, Yaser Masoumi. Effect of L-carnitine administration on serum insulin and adiponectin levels, and AMPK, APPL1 and PPAR gene expression in STZ-induced diabetic rat liver. *Ukr Biochem J.*, 2017, Vol. 89, N6. DOI: 10.15407/ubj89.06.048
- **Soheil Aminizadeh**, Hamid Marefati*, Hamid Najafipour, Beydolah Shahouzehi. Comparison of the Effects of Different Training Intensities on Resistance to Induced Cardiac Ischemia in Male Adult Rats. *Iranian Journal of Health and Physical Activity* (2013) 4 (2), (30-34).
- Hamid Marefati, **Soheil Aminizadeh***, Hamid Najafipour, Shahriar Dabiri, Beydolah Shahouzehi. Effects of moderate-intensity interval training on resistance to induced cardiac ischemia in male adult rats. *Qom Univ Med Sci J.* [Full Text in Persian].
- Sadollah Salarmohammadi, Mehdi Mogharnasi, Hamid Marefati*, **Soheil Aminizadeh**, Mahnaz Hajghani. The effects of endurance training with testosterone injection on Chemerin and Apelin levels in rats with ischemic heart disease. *Journal of Practical Studies of Biosciences in Sport*, vol. 3, no. 6, Fall & Winter, 2015/2016. [Full Text in Persian].
- **Aminizadeh S**, Habibi A, Marefati H, Shakerian S. The Role of Pyruvate Dehydrogenase Kinase 4 (PDK4) on the Expression of Citrate Synthase in the Skeletal Muscle After 4 Weeks of Endurance Training in Male Wistar Rats. *J Rafsanjan Univ Med Sci* 2017; 16(3): 191-202. [Farsi]
- **Aminizadeh S**, Habibi A, Marefati H, Shakerian S. Response of Estrogen-related Receptor Alpha (ERR α) to Endurance Training and its Participation in Endurance Training-induced Adaptations in Lipid Metabolism in Skeletal Muscle of Male Wistar rats. *J Shahid Sadoughi Univ Med Sci* 2017; 25(5): 414-25. [Farsi]
- Joukar S, Marefati H, **Aminizadeh S***, Masoumi Ardakani Y. The Effects of Estrogen-Related Receptor Alpha Inhibition on the Serum Levels of Chemerin, Apelin, and Nesfatin-1 After Endurance Training in Male Wistar Rats. *J Rafsanjan Univ Med Sci* 2018; 16(10): 901-12. [Farsi]

Student Supervisor (Thesis):

Shahid Bahonar University of Kerman (Department of Exercise Physiology) - Master Students

Pouria Khosravi (January, 2020-Present)

Mahya Sharifi-Rayeni (January, 2020-Present)

Asma Jafari (April, 2020-present)

Maryam Zare (April, 2020-present)

Fereshteh Mirmohammadi (April, 2020-present)

Erfan Dehghani (December, 2020-present)

Joint Research projects with University of Houston:

1. Joint project with **University of Houston, USA** (Department of Exercise Physiology) - Effects of two weeks MitoQ supplementation and endurance training on serum of miR-181b, miR-19b, cortisol, testosterone and aerobic and anaerobic performance indices in professional cyclists in Kerman province. 9700671
2. Joint project with **University of Houston, USA** (Department of Exercise Physiology) - The effects of 6 weeks endurance training and high intensity interval training (HIIT) with consumption of MitoQ supplementation on the expression of nitric oxide synthesis and the process of Fission-Fusion of mitochondria in skeletal muscle and cardiac muscle of male wistar rats. 98000779
3. *Performing over 14 research projects at Physiology Research Center, Kerman University of Medical sciences, Kerman, Iran*
(http://research.kmu.ac.ir/webdocument/load.action?webdocument_code=8000&masterCode=81000806)

Teaching experience:

- ✓ Teaching *Anthropometric and Body Composition* at Shahid Bahonar University of Kerman (Department of Physical Education) (2017-present)
- ✓ Teaching *Lifeguard* and swimming at Shahid Bahonar University of Kerman (Department of Physical Education) (2010-present)
- ✓ Teaching *Physical Education 1&2* at Shahid Bahonar University (Department of Physical education) (2009-present)
- ✓ Teaching *Exercise Physiology, Anatomy, Medical Physiology and Sport Sciences* at POLICE university, Kerman (2015-2017)

INVITED PRESENTATION

- ❖ Protective effects of High and moderate intensity exercise training on heart ischemia. University of Nice. France. 2017
- ❖ Effects of ERR inhibition on metabolic flexibility in male diabetic rats. Dubai, Emirates. 2019
- ❖ Exercise training program design. Sport for all federation. Kerman. Iran. 2019
- ❖ Sport fitness coaching course. Sport for all federation. Kerman. Iran. 2019

- ❖ Resistance training in body building. Body building federation. Kerman. Iran. 2018
- ❖ Advanced Physical Fitness. Volleyball federation, Kerman. Iran. 2016

RESEARCH EXPERIENCE:

Academic

January 2018-present

Researcher

- ❖ Physiology Research Center, Kerman University of Medical Science
 - Conducting research programs that is related to metabolism in diabetes, and working on antioxidant (MitoQ).

September 2010-present

Lecturer

- ❖ Department of physical education and sport sciences, University Of Kerman, Kerman, Iran
 - Teach Anthropometric and body composition for bachelor student of sport science.

September 2010-present

Lecturer

- ❖ Department of physical education and sport sciences, University Of Kerman, Kerman, Iran
 - Teach Physical Education 1&2, Swimming, Life guard, Basketball, Table tennis

2016-2018

Lecturer

- ❖ Department of physical education, University of POLICE, Kerman, Iran
 - Teach Exercise Physiology, Design training program, Anatomy, Medicine sport for bachelor student

2015-2016

Coaching

- ❖ The best coach of the student Olympiad.

Non-academic

2010-present

Strength and conditioning counsellor in basketball teams

- ❖ Various teams (University of Kerman (Swim), Referees of the Premier Football League, Special forces in POLICE department).

2010-Present

Personal trainer

- ❖ Basketball, Volleyball, Swim, Life guard

SKILLS

Lab

- ❖ All exercise physiology lab instruments (EMG, Ergometer, Body composition, All anthropometry analysis, All kinds of gas analyzer (CORTEX-Metalyzer and ANKER)(Expert), and magnetic brain stimulation and nerve electrical stimulation)
- ❖ General lab skills
- ❖ Working with human subject (Blood sampling, Training)
- ❖ Animal work (Gavage, Train the animal (Strength and endurance training), surgical techniques, Work with isolation Heart, Langendorf Heart)
- ❖ Western Blotting technique (Expert)
- ❖ Real Time-PCR (Expert in extracting RNA and Micro RNAs and synthesize cDNA (Ampliqon, Biobesic, 5prime kits).
- ❖ Cell culture (Familiar)

Language

- ❖ Persian: Native
- ❖ English: Fluent

Computer

- ❖ Windows XP/7/8/10/11
- ❖ Software: Office (Word, Power point, Excel), Endnote, Sigma Plot, Spike software, SPSS, Graph Pad Prism

HONORS & AWARDS

- ❖ Member of the National Elite Foundation of Iran (2018-present)
- ❖ Top non-industrial researcher in Kerman Police Research Center (2021)
- ❖ Reviewer in the Journal of Kerman University of Medical Sciences (2020-present)
- ❖ Ranked first in Iranian swim national student Olympiad as Strength and Conditioning coach (2018).
- ❖ Scientific consular of Iranian physical fitness association (2016- 2017).
- ❖ Ministry of science sabbatical fund award (2017).

MEMBERSHIP AND COACHING

- ✓ Coaching Certificate first degree from Lifeguard Federation of Islamic Republic of Iran
- ✓ Coaching Certificate third degree from Gymnastic Federation of Islamic Republic of Iran
- ✓ Coaching Certificate third degree from Physical fitness Federation of Islamic Republic of Iran
- ✓ Coaching Certificate third degree from Table Tennis Federation of Islamic Republic of Iran

References

Markus Amann,
Professor

Departments: Anesthesiology - Professor, Bioengineering - Adjunct Assistant Professor, Internal Medicine (University of Utah)

Address: VA Medical Center Salt Lake City, 500 S Foothill Dr, Room: GRECC 182, Salt Lake City, UT 84148

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Ruhollah Nikooie,
Associate Professor

Departments: Exercise Physiology (University of Kerman)

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