

Congress program of the Scientific Committee of Exercise Physiology

Secretary of the Scientific Committee of Exercise Physiology and Nutrition: Dr. Saeid Dabbag Nikoukheslat

(Tuesday 20 February 2024) Morning

Opening Ceremony: 09:00-10:00



First Day: First Panel: Exercise Physiology
10:30-12:15

Scientific Committee:	Prof. Ramin Amirsasan (University of Tabriz, Iran) / Dr.Javad Vakili (University of Tabriz, Iran) / Dr. Sajjad Anoushirvani (University of Mohaghegh Ardabili, Iran)/ Dr. Akram Karimi Asl (University of Zanjan, Iran)/ Dr. Karim Azali (Shahid Madani Azarbaijan University, Iran)/ Dr. Mahdi Aalizadeh (University of Tabriz, Iran)	
Presentater & Speaker	Oral Presentation Topics	Time
Keynote Speaker Prof .Vahid Sari-Sarraf (University of Tabriz/Iran)	<i>Athletes' Profile</i>	10:30-11:10
Hesam Parsa	<i>Creatine supplementation and exercise training improve insulin sensitivity and indices of oxidative stress, lipid profiles and homocysteine in streptozotocin -induced diabetic male rats</i>	11:15-11:30
Farnaz Seifi-Skishahr	<i>Effects of HIIT and Curcumin supplementation on miR-208, miR-499 and HSP60 expression level in rat model of isoproterenol induced myocardial infraction</i>	11:30-11:45
Ghahramani Dereshki	<i>The effect of Aerobic Exercise and High-Fat Diet on serum Levels of Visfatin and chemerin in Male Wistar Rats</i>	11:45-12:00
Zahra Nazari	<i>Comparison of the effect of functional exercises in the gym and at home on new metabolic indicators in obese women aged 20 to 45 years</i>	12:00-12:15

(Tuesday 20 February 2024) Afternoon

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First Day: Second panel: Exercise Physiology

14:00-15:30

Scientific Committee:	Prof. Vahid Sari-Sarraf (University of Tabriz, Iran)/ Prof. Marefat Siahkouhian (University of Mohaghegh Ardabili, Iran) / Dr. Elaheh Piralaie (University of Tabriz/Iran)/ Mahdi Aalizadeh (University of Tabriz)/ Dr. Roghayeh Fakhr Pour (Shahid Madani Azarbaijan University, Iran)/ Dr Azam Zarneshan (Shahid Madani Azarbaijan University, Iran)	
Presentater & Speaker	Oral Presentation Topics	Time
Keynote Speaker Dr . Kishore Mukhopadhyay, (University of West Bengal, India)	<i>Physical literacy is imunity booster: a meta synthesis</i>	14:00-14:30
Soudabeh Mohammadi azemodeh	<i>The effect of two types of interval training with jujube extract consumption on oxidative stress and BDNF and NGF gene expression in the hippocampal tissue of male rats</i>	14:30-14:45
Marzieh Arablou	<i>T The Effect Of Aerobic Training Before Pregnancy And Physical Activity During Pregnancy On The Expression Of BDNF And NGF Genes In The Hippocampus Tissue Of Maternal Rats After The Birth Of Offspring</i>	14:45-15:00
Sedigheh Kaabomeir	<i>Response of eight weeks of selected Pilates training on lipid profile and fat percentage of women with non-alcoholic fatty liver disease in Ahvaz city</i>	15:00-15.15
Maryam Cheraghi	<i>The effect of aerobic exercise of parent rats before pregnancy and activity of mother rats during pregnancy on BDNF and NGF Gene expression of hippocampus tissue of their female offsprings</i>	15:15-15.30

First Day: Third panel: Exercise Physiology

Mini Oral Presentation

16:00-17:30

Scientific Committee:	Prof.Amirsasan (University of Tabriz/Iran)/Dr.Saeid Nikookhslat(University of Tabriz/Iran)/Dr. Javad Vakili (University of Tabriz/Iran)/ Dr. Mostafa Khani (University of Tabriz/Iran)/Dr. Elaheh Piralaee (University of Tabriz/Iran)/ Dr. Hamid Reza Zolfi (Technical and Vocational University, Iran)	
Presentater & Speaker	Mini Oral Presentation Topics	Time
MohammadHadi Asghari	<i>Effect of astaxanthin supplementation on immune responses in athletes: a review</i>	16:00-16:05
Mahta Eskandarnejad	<i>The effect of swimming exercises on the core strength of women</i>	16:05-16:10
Hamidreza Salmanloo	<i>The impact of acute consumption of red grape juice and intense aerobic activity on the total antioxidant capacity of elite athletes on two consecutive days</i>	16:10-16:15
Ali Alizadeh	<i>The acute effect of Aqueous Extract of Thyme intake on performance (Aerobic-Anaerobic), fatigue rate, and recovery of elite young swimmers</i>	16:15-16:30
Roonak Hossainzadeh	<i>The effect of six weeks of Crossfit training on some indexes of physical fitness and blood lactate response in female professional taekwondo athletes</i>	16:30-16:35
Solmaz Babaei Bonab	<i>The effect of 12 weeks of endurance exercise with curcumin consumption on α-TNF level in inactive obese women</i>	16:35-16:40
Solmaz Babaei Bonab	<i>The effect of 8 weeks of exercise in water along with vitamin D consumption on bone density of elderly men</i>	16:45-16:50
Samaneh Dastah	<i>The effect of aerobic training on the expression of the mir-1 gene in cardiomyocytes of male rats</i>	16:55-17:00
Ali Sami GonDoghdi	<i>Effect of purslane supplementation on oxidative stress in athletes: a review</i>	17:00-17:05
Hatami Homeira	<i>Interrelationship between exercise and sleep</i>	17:05-17:10
Hojjatollah Siavoshy	<i>The effect of turmeric curcumin and aerobic exercise on Alzheimer's disease</i>	17:10-17:15
Solmaz Babaei Bonab	<i>The effect of 8 weeks of aerobic training on the resilience of female employees</i>	17:15-17:20
Hojjatollah Siavoshy	<i>Comparison of some physical fitness factors between bodybuilders and boxers</i>	17:20-17:25

(Wednesday 21 February 2024) Morning



Second Day: Fourth panel: Exercise Physiology

9:00-11:15

Scientific Committee:	Dr. Saeid Nikookheslat (University of Tabriz)/ Prof. Reza Rajabi (Kharazmi University, Iran) / Dr. Farhad Gholami (University of Birjand, Iran) / Dr. Jalil Raiesi (University of Isfahan, Iran)/ Dr. Mostafa Rahimi (Shahre-Kord University, Iran)/ Dr. Ali Samadi (Shahed University)	
Presenter & Speaker	Oral Presentation Title	Time
Keynote Speaker Prof. Hamid Rajabi (Kharazmi University/Iran)	<i>Optimal exercise training for brain</i>	09:00-09:30
Hamidreza Choobdari	<i>Resistance training and hawthorn extract ameliorate cognitive deficits in streptozotocin-induced diabetic rats</i>	09:30-09:45
Samaneh Dastah	<i>The effect of TRX exercises on Eotaxin and IL-33 indices in inactive obese women</i>	09:45-10:00
Dr. Bahloul Ghorbanian	<i>The effect of aerobic exercise on QUICKI, McAuley's, HOMA-IR as insulin sensitivity indices, lipid profile and body composition in men with metabolic syndrome</i>	10:00-10:15
Khatere Zare	<i>The Effects of Nordic Walking along with Green Tea on Metabolic Status of Pre-Diabetes Women</i>	10:15-10:30
Atena Attaran Miandoab	<i>The Effect of Concurrent Exercises with Electrical Stimulation on the Serum Levels of Calcium and Vitamin D in Women with Osteopenia</i>	10:30-10:45
Fatemeh Eslami	<i>The Role of Kinases (JNK-P38-ERK) in the Regulation of Transcriptional and Copying Factors after Exercise Training with Emphasis on Free Radicals' Role</i>	10:45-11:00

(Wednesday 21 February 2024)

<p style="text-align: center;">    </p> <p style="text-align: center;">Second Day: Fifth panel: Exercise Physiology</p> <p style="text-align: center;">11:30-13:30</p>		
Presentater & Speaker	Workshop Title	Time
<p style="text-align: center;">Workshop Prof. Ramin Amirsasan (University of Tabriz, Iran)</p>	<p style="text-align: center;"><i>Nutrition in the competition day</i></p>	<p style="text-align: center;">11:30-13:30</p>
<p>Closing Ceremony: 14:00-15:00</p> <p style="text-align: center;">    </p>		