

Curriculum Vitae



Personal Data:

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Shirin	Yazdani	+98-411-3393391	+98-411-3356008	sh_yazdani@tabrizu.ac.ir shiriny11@gmail.com

Educational Background:

Certificate Degree	Field of Specialization	GPA	Name of Institution Attended	Date Received
PhD	Sport biomechanics	18.81/ 20	Bu Ali Sina University	2014
M.Sc	Physical education and sport science (Sport Biomechanics)	17.50/ 20	Bu Ali Sina University	2003
B.S	Physical education and sport science	16.28/ 20	University of Tabriz	2000

Title of Master Thesis:

The effects of exercise therapy on dynamic postural control, trunk mobility and strength, and pain relief of patients with chronic low back pain

Title of PhD Thesis:

Trunk muscles' electromyography and kinematic and kinetic characteristics in gait of patients with adolescent idiopathic scoliosis during gait with and without load carriage "emphasis on symmetry of muscle function and right and left limbs"

Teaching Experiences:

Title of Course	Level	Dates		Name of Institution
		From	To	
Selected topics in biomechanics	Postgraduate	2016	now	University of Tabriz
Biomechanics of sport	Postgraduate	2012	2014	Bu Ali Sina university
Labratuary in biomechanics	Postgraduate	2012	2014	Bu Ali Sina university
Biomechanics of sport	undergraduate	2004	now	University of Tabriz
Kinesology	undergraduate	2003	now	University of Tabriz
Corrective exercise	Undergraduate	2009	now	University of Tabriz
First aids	Undergraduate	2006	now	University of Tabriz
Computer (SPSS)	Undergraduate	2006	now	University of Tabriz
Labratuary in Physical Education	undergraduate	2005	now	University of Tabriz

Basketball	undergraduate	2005	now	University of Tabriz
Mesurment & Evaluation In P.E	undergraduate	2003	now	University of Tabriz
Exercise Therapy	undergraduate	2005	now	University of Tabriz
Adapted Physical Education and Sport	undergraduate	2003	now	University of Tabriz
Track & Fields	undergraduate	2003	now	University of Tabriz
General Physical Fitness	undergraduate	2002	now	University of Tabriz

Administrative Responsibilities:

Job Title	Place of Work	Date		Name of Institution
		From	To	
Educational Assistant	University of Tabriz, Dep of Physical Education & Sport sciences	2004	2006	University of Tabriz
Head of department	Azad university of Bonab, Dep of Physical Education & Sport sciences	2003	2008	Azad university of Bonab
Head of department	University of Tabriz, faculty of Physical Education & Sport sciences, motor behavior department	2016	now	University of Tabriz
Head of department	University of Tabriz, faculty of Physical Education & Sport sciences, general physical education	2016	now	University of Tabriz
Manager of holding practical tests of girls (enterance exam of sanjesh organization)	University of Tabriz	2016, 2011, 2010		Sanjesh organization 9assessment and training organization)
Inspector of education organization	Education organization of East Azarbayjan	2003	-	Education organization of East Azarbayjan

Academic Positions:

Title of Position	Field of Specialization	Date		Name of Institution
		From	To	
Assisstant Proffessor	Physical Education Department	2013	Now	University of Tabriz
Lecturer	Physical Education Department	2003	2013	University of Tabriz
Lecturer	Physical Education Department	2003	2008	Azad university of Bonab

Thesis Supervision:

No	Full Name of Student	Level	Title of Thesis	University	Year
1	Maryam golparian	master	Trunk muscles Electromyography of AIS patients during forward and backward perturbation in sitting and standing positions	Azad university of Boroojerd	2012
2	Nafise akbari	master	Correlation between anthropometric and biomechanical characteristics of girl swimmers with crawl and frog swimming records	Azad university of Boroojerd	2012
3	Sepide Khamooshi	master	EMG activity of knee muscles during open and closed chain exercises with different loads	Azad university of Boroojerd	2013
4	Zahra Ashkanifar	master	Effects of rockerboard and PNF exercise on balance control of blind girls	Azad university of Boroojerd	2015
5	Neda Sahandi	master	Effect of accuracy-speed exchange on kinematic and kinetic variables in gymnasts	University of Tabriz	2017
6	Mobarake Elhami	master	Electromyographic activity of lower extremity and trunk muscles in patients with cerebral palsy during normal walking and walking with visual, motor and cognitive dual tasks	University of Tabriz	2018
7	Nahide abolhasani	master	Effects of special physical training and perceptual motor training programs on the gait and the gross and fine motor skills of children with cerebral palsy	University of Tabriz	2018

Publications:

Books

Title	Type of Work		Publisher	Date of Publication
	Translation	Compilation		
Skeletal muscle (from molecule to movement)	*		Azad university of Tabriz	1388
Anatomy and biomechanics of lower extremity		*	Tanin danesh	1397 (under publication)

Publications:

Papers

Title of Paper	Place of Publication	Date of Publication
Dynamic balance of patients with low back pain under various conditions	Olympic Journal (Persian)	2003
The assessment of the reliability of new dynamic stability platform system for postural sway evaluation via disturbance of motor control systems	Research on Sport Sciences (Persian)	2005

The trunk muscle dysfunction during upright standing and bending postures in low back pain patients before and after treatment	Sciences of movement (Persian)	2005
The evaluation of the deficits on dynamic postural control and its correlation with lumbar mobility in females with chronic low back pain	journal of research in rehabilitation science-Isfahan (Persian)	2009
The effect of visual and vestibular inputs on postural control of patients with low back pain	Gait & Posture 30S S1–S153	2009
Spatiotemporal variables of gait in patients with adolescent idiopathic scoliosis and healthy subjects	Iauh sport biomechanics journal (Persian)	2015
The relationship between anthropometric characteristics and Crawl and Breaststroke performance in adolescent girl swimmers	Iauh sport biomechanics journal (Persian)	2016
Comparison of plantar peak pressure and time to peak pressure during normal walking between females with Genu Recurvatum and healthy controls	MUK journal (Persian)	2016
The relationship between peak isokinetic torques of hip, knee and ankle joints with single and double leg jump performance in young men	International Journal of Sport Studies	2016
The relationship between isokinetic relative torque of hip, knee and ankle joints with the height of guide leg jump in young men	Iauh sport biomechanics journal (Persian)	2016
Peak plantar pressure and time to peak plantar pressure during normal gait in subjects with chronic low back pain and healthy controls	Journal of Anesthesiology and Pain (Persian)	2017
Electromyographical activity of erector spinae and gluteus medius muscles in patients with adolescent idiopathic scoliosis during gait	Medical journal of Tabriz university medical science	2017
The analysis of ground reaction force during gait in patients with adolescent idiopathic scoliosis and normal control subjects	Medical journal of Mashhad university(Persian)	2017
Effect of chronic idiopathic low back pain on the kinetic gait characteristics in different foot masks	Journal of Biomechanics	2018
Postural sways of subjects with genu recurvatum during manipulation of visual and proprioceptive systems	Under review: Journal of Bodywork & Movement Therapies	2019
Power generation and absorption during normal walking in patients with adolescent idiopathic scoliosis and healthy controls	Under review: sport science research center	2019
kinematic analysis of gait in adolescent idiopathic scoliosis	Under review: Gait and posture journal	2019
Full papers in proceedings		

Title of the paper	Title of the conference	Date and place
The assessment of postural control and isometric trunk muscle force in female patients with chronic low back pain and able-bodied subjects	From the basic motor control to functional recovery	Sofia, 2007
How does balance training program may improve postural control in dynamic condition and trunk mobility among chronic low back pain patients?	Proceeding -1 Turkey	2008
Postural control of patients with LBP on the semidynamic base of support: emphasis on visual inputs	1th congress of Physical Education and Sport Science, Iran, Sanandaj	2010
Hip, knee and ankle joints power generation and absorption during normal walking in patients with adolescent idiopathic scoliosis and healthy controls	Second Sports and Health Applied Sciences Conference, Shahid madani	2016
The comparison of peak isokinetic torque and time to peak isokinetic torque between dominant and none dominant leg in university of Tabriz elite volleyball player	Second Sports and Health Applied Sciences Conference, Shahid madani	2016
Effects of aqua exercise with and without resistance on strength and range of motion in lower – limb of elderly women	Second Sports and Health Applied Sciences Conference, Shahid madani	2016
The relationship between perceived motivational climate and sport Commitment in elite athletes of Tabriz city	Second Sports and Health Applied Sciences Conference, Shahid madani	2016
The relationship between coaches' leadership styles and Sport Commitment in Elite Athletes of Tabriz city	Second Sports and Health Applied Sciences Conference, Shahid madani university of Azarbayjan	2016

Confrence presentations:

	Title of Paper	Title and Place of Assembly	Date
1	Ground Reaction Force and Paraspinal and Gluteus Medius Muscle Activities during Gait in Patients with Mild and Sever Idiopathic Scoliosis	ISPESCONGRESS, 2018 TURKEY, Istanbul	2018
2	Reliability of two new teacher-made tests for the assessment of accuracy in snooker	ISPESCONGRESS, 2018 TURKEY, Istanbul	2018
3	Study of successful implementation in the pirouette's movement of gymnastics with two fast and slow speeds	11th international congress on sport science, Tehran Iran (Tarbiat Modares university)	2018
4	Lower extremity kinematics in patients with idiopathic scoliosis and healthy controls during gait with and without load carriage	9th international congress on sport science, Tehran Iran (Shahid Beheshti university)	2016

5	Hip, knee and ankle joints power generation and absorption during normal walking in patients with adolescent idiopathic scoliosis and healthy controls	Second Sports and Health Applied Sciences Conference, Shahid madani university of Azarbayjan	2016
6	The comparison of peak isokinetic torque and time to peak isokinetic torque between dominant and none dominant leg in university of Tabriz elite volleyball player	Second Sports and Health Applied Sciences Conference, Shahid madani university of Azarbayjan	2016
7	The relationship between perceived motivational climate and sport Commitment in elite athletes of Tabriz city	Second Sports and Health Applied Sciences Conference, Shahid madani university of Azarbayjan	2016
8	Effects of aqua exercise with and without resistance on strength and range of motion in lower – limb of elderly women	Second Sports and Health Applied Sciences Conference, Shahid madani university of Azarbayjan	2016
9	The relationship between coaches' leadership styles and Sport Commitment in Elite Athletes of Tabriz city	Second Sports and Health Applied Sciences Conference, Shahid madani university of Azarbayjan	2016
10	Kinematic analysis of Zuki technique in young beginner females: the effects of internal versus external focus of attention during constant, blocked and random practice	MOHE 2015 congress on movement, health and exercise 2015, Malaysia, Penang	2015
11	Three-Dimensional kinematic analysis of gait in patients with adolescent idiopathic scoliosis and healthy controls	MOHE 2015 congress on movement, health and exercise 2015, Malaysia, Penang	2015
12	EMG Activity of deltoid and supraspinatus muscles during slow and fast shoulder abduction	First Sports and Health Applied Sciences Conference, Shahid madani university of Azarbayjan	2015
13	Symmetry of spatiotemporal variables during gait in adolescent girls	First Sports and Health Applied Sciences Conference, Shahid madani university of Azarbayjan	2015
14	Electromyographic activity of erector spinea and gluteus medius muscles in adolescent girls during gait with and without load	Mohaghegh Ardebili university	2015
15	EMG activity of knee extensor and ankle plantar flexor muscles during squat with and without load	8th international congress of physical education and sport science-Iran-Tehran	2015
16	Effects of medical sole and sole with complex incline on kinematics of pes cavuse females	Fist national congress of Physical Education and Sport Science, Iran-Malayer	2015
17	Comparison of static and dynamic balance in patients with Genuvarum and healthy controls	Fist national congress of Physical Education and Sport Science, Iran-Malayer	2015
18	The ratio of hip extensor to ankle plantar flexors during squat	Fist national congress of Physical Education and Sport Science, Iran-Malayer	2015
19	PREVALENCE, TYPE AND POSSIBLE CAUSESE OF SPORT INJURIES IN IRANIAN ELITE MALE BOULDERING ROCK CLIMBERS	Antalya, turkey	2010
20	Postural control of low back pain patients in standing with twisted trunk before and after exercise therapy	MCC2010, bolgaria	2010
21	Postural control of patients with LBP on the semidynamic base of support: emphasis on visual inputs	1th congress of Physical Education and Sport Science, Iran, Sanandaj	2010
22	The comparison of dynamic balance in female futsal players with and eithout chronic ankle sprain	7 th international congress on sport science, Tehran- Iran	2010
23	Effects of balance training program on falling risk and postural control of elderly women	MCC2009- Bolgaria	2009
24	The effect of visual and vestibular inputs on postural	ESMCE, london	2009

	control of patients with low back pain		
25	Effect of trunk twisting on postural control in healthy females	1th national congress of sports biomechanics – Kerman	2009
26	How does balance training program may improve postural control in dynamic condition and trunk mobility among chronic low back pain patients?	The 10th international congress in Turkey (Bolu)	2008
27	Interaction between spine range of motion and postural sways in patients with chronic low back pain	The 6th Internasional Congress on Physical Education and Sport Science, Iran	2008
28	The assessment of postural control and isometric trunk muscle force in female patients with chronic low back pain and able-bodied subjects	MCC2007 Confrence- Sofia, Bolgharia	2007
29	Effect of therapeutic exercise on postural control and proprioception in LBP patients	14th multi-disciplinary Iranian Researchers Confrence in Europe- Liverpool. John Moorse University	2006
30	Postural control during visual and proprioception perturbation among femalee and male patients with chronic low back pain and healthy control subjects: a control study with follow up	International congress in biomechanics - Canada, Waterloo	2006
31	Comparison of isometric trunk muscle strength of patients with LBP	14th multi-disciplinary Iranian Researchers Confrence in Europe - Liverpool John Moorse University	2006
32	A study of the effect of anthropometric chracteristics on the physical fitness test of Tabriz University students	The 5th Internasional Congress on Physical Education and Sport Science, Iran	2006
33	Comparison of physical fitness of students in university of Tabriz in three age level and preparing test norm	The 5th Internasional Congress on Physical Education and Sport Science, Iran	2006
34	Effect of 3 month exercise therapy on low back pain and postural sways in chronic LBP patients	The 5th Internasional Congress on Physical Education and Sport Science, Iran	2006
35	Postural deformities of trunk in guidance school girls of Hashtroud	The 3th Scientific Congress of Physical Education Students-Mashhad	2005
36	A survary on causes of sport injuries in footbal players in 2 different age groups of Teraktorsazi club	The 3th Scientific Congress of Physical Education Students- Iran, Mashhad	2005
37	A survary on prevalence of sport injuries in footbal players	Ali abad katool azad university	2005
38	How does low back pain influence the center of mass deviations from center of base of support in various dynamic conditions?	8th Annual Congress of the ECSS- Salzburg	2003
39	Interaction between exercise therapy, trunk muscle strength and low back pain	4th International congress of Physical Education & Sport sciences, Iran	2004
40	Isometric flexor and extensor trunk muscle strength of patients with low back pain in three different postures	1th Congress of Health improvement Esfahan Medical Science University	2003
41	Validity of dynamic stability platform system under various conditions	The 5th national congress of Physical Education& Sport Science- Shahid Chamran Ahvaz University	2003

In many of papers presented in confrences, I was first author.

Research Activities:

Title of Project	Place of Work	Dates	
		From	To
The assessment of the physical fitness of Tabriz University's students and related evaluation protocol	University of Tabriz	2003	2005
The assessment of the motivative factors on choosing a particular branch of Karate and lack of success on its continuation in Tehran's Karate athletes	Sport science research centre (SSRC in Tehran).	2003	2005
Prevalence of postural defecits in Iranian girls and boys students in 2 different age groups and comparison of physical and motor fitness characteristics between students who have postural deformity and healthy controls	Sport science research centre (SSRC in Tehran).	2009	2010
Peak plantar pressure distribution during gait in chronic low back pain patients and healthy controls	University of Tabriz	2016	2017

Research Interests:

Balance, posture, and rehabilitation in different clinical conditions, Biomechanical analysis (Kinematics, kinetics and EMG)

Honorary Degrees:

Title	Country	Year
Reffery Certification of Badminton	Iran	2004
Coaching of Track and Field (degree3)	Iran	2002
Coaching of Track and Field (degree2)	Iran	2005
Coaching of basketball	Iran	2005
International Para athletics classifier (degree 2)	Iran	2016
national sitting basketball classifier (degree 2)	Iran	2019

Nationam paraathletics coach in Asian 2018 games (Jakarta 2018)

Membership to Scientific Associations:

Name of Institution/Association	Position Held	Country	Year
Member of physical education and sport science assosiation	Central member	Iran	2006

Language Proficiency:

Language	Degree of Proficiency		
	Writing	Reading	Speaking

	Native	Good	Fair	Poor	Native	Good	Fair	Poor	Native	Good	Fair	Poor
Persian	*				*				*			
Turkish	*				*				*			
English		*				*					*	

Work Experience or Research Activities

I have worked with Vicon nexus system, force plate (Kistler) and electromyography since 3 year ago. Also I know about Polygon software and SPSS.

“Workshop certificate”

Title	Place	Date
Kinesiologic electromyography	Sport science research center(SSRC in Tehran)	2009
Isokinetic system	Sport science research center(SSRC in Tehran)	2009
SPSS	Bu Ali Sina University	2003
Sport for fatty people	University of Tabriz	2017

Workshops

Title	Place	Date
SPSS	University of Tabriz	2014, 2015, 2016
Corrective exercise for physical education students	University of Tabriz	2015, 2016, 2017
Corrective exercise for physical education teachers	Education organization of East Azarbayjan provience	2015, 2016, 2017
Ergonomy in working invironment	University of Tabriz	2016,2017
General exercise consideration and preventing sport injuries in disabled athletes	Sport and youth organization	2017
Surface EMG	Research center of physical education and sport science	2018