



# Hamed Abbasi

---

**Date of birth:** 15 May 1984 | **Nationality:** Iranian | **Gender:** Male | (+98) 9388814238 |

[hamedabbasi26@gmail.com](mailto:hamedabbasi26@gmail.com) |

No. 3, 5th Alley, Miremad Street, Motahhari Street, Tehran, Iran, 1587958711, Tehran, Iran

## WORK EXPERIENCE

---

2013 – CURRENT – Tehran, Iran

**FACULTY MEMBER – SPORT SCIENCES RESEARCH INSTITUTE OF IRAN**

---

2020 – CURRENT – Tehran, Iran

**HEAD OF SENIOR SPORT AND PHYSICAL ACTIVITY DEVELOPMENT COMMITTEE AT IRAN SPORT FOR ALL FEDERATION – IRAN SPORT FOR ALL FEDERATION**

---

2017 – CURRENT – Tehran, Iran

**MEMBER OF THE BOARD AND HEAD OF THE EDUCATION AND RESEARCH COMMITTEE OF THE ASSOCIATION OF SPORT INJURIES AND CORRECTIVE EXERCISES (SICEA) – MINISTRY OF SCIENCE RESEARCH AND TECHNOLOGY**

---

2009 – 2013 – Tehran, Iran

**OLDER ADULT TRAINER – KAHRIZAK CHARITY FOUNDATION**

---

2008 – 2013 – Tehran, Iran

**PERSONAL TRAINER FOR THE DISABLED (SCI, CP, MS) – KAHRIZAK CHARITY FOUNDATION**

---

## EDUCATION AND TRAINING

---

2010 – 2014 – Tehran, Iran

**PHD OF SPORT INJURIES & CORRECTIVE EXERCISES – University of Tehran**

---

2007 – 2010 – Tehran, Iran

**M. SC. OF SPORT INJURIES & CORRECTIVE EXERCISES – University of Tehran**

---

2005 – 2007 – Tehran, Iran

**BACHELOR OF PHYSICAL EDUCATION AND SPORT SCIENCES**

---

2001 – 2004 – Mashhad, Iran

**ASSOCIATE DEGREE OF PHYSICAL EDUCATION AND SPORT SCIENCES – Montazeri Technical College of Mashhad**

---

1999 – 2001 – Mashhad, Iran

**DIPLOMA OF PHYSICAL EDUCATION AND SPORT SCIENCES – School of Physical Education and Sports Sciences of Mashhad**

---

## HOBBIES AND INTERESTS

---

### Research Interests

---

Older Adult Training, Sport for the Disabled, Exercise Prescription, Physical Fitness Assessment, Performance, Preventing Sports Injury, Return to Sport, Ankle Sprain, Postural Control,

## PUBLICATIONS

---

### Published Papers(English Journals)

---

Daneshjoo, A., Nobari, H., Kalantari, A., Amiri-Khorasani, M., Abbasi, H., Rodal, M., ... & Ardigò, L. P. (2021, May). Comparison of Knee and Hip Kinematics during Landing and Cutting between Elite Male Football and Futsal Players. In *Healthcare* (Vol. 9, No. 5, p. 606). Multidisciplinary Digital Publishing Institute.

Eshghi, S., Zarei, M., **Abbasi, H.**, & Alizadeh, S. (2020). The Effect of Shoulder Injury Prevention Program on Shoulder Isokinetic Strength in Young Male Volleyball Players. *Research in Sports Medicine*, 1-12.

**Abbasi, H.**, Alizadeh, M. H., Rajabi, R., & Mohammadi, F. (2020). Comparison of Static and Dynamic Postural Stability Between Individuals With and Without Forward Head Posture. *Physical Treatments-Specific Physical Therapy Journal*, 10(3), 127-134.

Zarei, M., **Abbasi, H.**, Namazi, P., Asgari, M., Rommers, N., & Rössler, R. (2020). The 11+ Kids warm-up programme to prevent injuries in young Iranian male high-level football (soccer) players: A cluster-randomised controlled trial. *Journal of science and medicine in sport*, 23(5), 469-474.

Zarei, M., **Abbasi, H.**, Daneshjoo, A., Gheitani, M., Johari, K., Faude, O., ... & Rössler, R. (2020). The Effect of the "11+ Kids" Program on the Isokinetic Strength of Young Football Players. *International Journal of Sports Physiology and Performance*, 15(1), 25-30.

Namazi, P., Zarei, M., **Abbasi, H.**, Hovanloo, F., Rommers, N., & Rössler, R. (2019). Proprioception is not associated with lower extremity injuries in U21 high-level football players. *European journal of sport science*, 1-6.

Namazi, P., Zarei, M., Hovanloo, F., & **Abbasi, H.** (2019). The association between the isokinetic muscle strength and lower extremity injuries in young male football players. *Physical therapy in sport*, 39, 76-81.

M Zarei, **H Abbasi**, A Daneshjoo, TS Barghi, N Rommers, O Faude, (2018). Long-term effects of the 11+ warm-up injury prevention programme on physical performance in adolescent male football players: a cluster-randomized controlled trial. *Journal of sports sciences*, 1-8.

M Zarei, P Namazi, **H Abbasi**, M Noruzyan, S Mahmoodzade, T Seifbarghi. (2018). The Effect of Ten-Week FIFA 11+ Injury Prevention Program for Kids on Performance and Fitness of Adolescent Soccer Players. *Asian Journal of Sports Medicine* 9 (3).

A Barati, A Safarcherati, A Aghayari, F Azizi, **H Abbasi**. (2013) Evaluation of relationship between trunk muscle endurance and static balance in male students. *Asian journal of sports medicine* 4 (4), 289.

Dorr taj, E., Alizadeh, M., **Abbasi, H.**, Shirzad Iraqi, E. (2020). effect of fatigue on spatial and temporal parameters of gait in normal and flexible flat foot. *Studies in Sport Medicine*, 12(27), 17-34. doi: 10.22089/smj.2020.8394.1415

Dalvand pour, N., Zarei, M., Abdoli, B., **Abbasi, H.**,Mohamadian, M. (2020). The effect of External focus attention exercise on the kinetic risk factors associated with ACL injury. *The Scientific Journal of Rehabilitation Medicine*, (), -.doi: 10.22037/ jrm.2020.113444.2365

Shahrokhi, H., **Abbasi,H.**, hajian, K. (2020). The effect of release massage and stretching exercises on Pain, Range of Motion and Functional Disability of the Neck due toMyofascial Trigger Points of the Trapezius Muscle. *Studies in Sport Medicine*, 12(27), 67-82. doi: 10.22089/smj.2021.9503.1444

Mohammadi, F., Bayati, M., **Abbasi, H.**, & Allafan, N. (2019). Better Functioning of the somatosensory system in Postural Control of Blind Athletes Compared to Non-Athletes. 179-187.

M Zarei, **H Abbasi**, N Fekri. (2019). The Effect of Eight-Week Proximal Stability Training on postural stability in Parkourers. *Journal of Applied Exercise Physiology* 14 (28), 4-5

Mohammadi. F., **Abbasi, H.**, Rezaie, Z, Ostovan, Z. (2018). Descriptive Analysis of Research Projects in the fields of Sport Psychology and Motor Behavior of Sport Sciences Research Institute, *Journal of Sport psychology studies*. 7(25),15 - 28.

M Zarei, **H Abbasi**. (2018). Epidemiology and Prevention Programs on Football Injuries in Children and Adolescent Players: Systematic Review. *Journal of Sport Medicine*, 9(2), 217-242.

H Piri, R Rajabi, H Minoonejad, FT Ghomshe, **H Abbasi**. (2017). The Comparison of Kinetic Parameters between Flexible Flatfoot and Normal Foot Football Players during Single Leg Drop – Landing. *Sport Medicine Studies* 9 (22), 17-34.

H Shahrokhi, **H Abbasi**, F Mohammadi, P Rahman. (2017). The Effect of Core Stability Exercises on Endurance and trunk Control in Patients with Multiple Sclerosis. *Sport Medicine Studies* 9 (21), 83-100.

P Rahmani, F Mohammadi, **H Abbasi**. (2016).The Effect of Ten-Week Combined Training in Stable and Unstable Surfaces on Muscle Strength and Functional Capacity in Patients with Multiple Sclerosis. *Sport Medicine Studies* 8 (19), 95-116.

**H Abbasi**, H Alizadeh, H Daneshmandi, AH Barati. (2015). Comparing the Effect of Functional, Extra-Functional and Combined Exercises on Dynamic Balance in Athletes with Functional Ankle Instability. *Sport Medicine Studies* 7 (17), 15-34

## CONFERENCES AND SEMINARS

---

### Oral and Posters

---

- **H Abbasi**, H Alizadeh, H Daneshmandi, AH Barati. (2020) Core isometric endurance is not different between soccer players with and without functional ankle instability.12th International Congress on Sport Science, Tehran, Iran,
- **H Abbasi**, H Alizadeh, H Daneshmandi, AH Barati. (2020) The Relationship Between Core Isometric endurance and Dynamic Balance in Soccer Players with Functional Ankle Instability.12th International Congress on Sport Science, Tehran, Iran,
- M Pougolian, **H Abbasi**, F Mohammadi.(2018).There is no relationship between the functional movement screening score and sport Injuries in students. 11th International Congress on Sport Science, Tehran, Iran,
- **Abbasi H**, **Mohammadi F**, Shams **A**. (2017).A systematic review and meta-analysis of the prevalence of spine postural deviations in Iranian students. 10th International Congress on Sport Sciences. , Tehran, Iran.
- Shams **A**, **Abbasi H**, **Mohammadi F**. (2017).A systematic review and meta-analysis of the prevalence of spine postural deviations in Iranian students. 10th International Congress on Sport Sciences., Tehran, Iran.
- **Abbasi H**.(2016) "Iran Step 10,000 Campaign (Step Counter Software). 1th sport technology & equipment. hold by sport sciences reserech institute, Tehran, Iran.
- **H Abbasi**, H Alizadeh, H Daneshmandi. (2016). core stability training can not improve dynamic balance in soccer players with functional ankle instability. 9th International Congress on Sport Science, Tehran, Iran
- **H Abbasi**, H Alizadeh, H Daneshmandi, AH Barati. (2015) Comparing the Eff ect of Functional, Extra-Functional and Combined Exercises on Dynamic Balance in Athletes with Functional Ankle Instability.8th International Congress on Sport Science, Tehran, Iran,
- **H Abbasi**, MH Alizadeh, R Rajabi. (2015). comparing the static and dynamic balance between students with and without forward head posture.8th International Congress on Sport Science, Tehran, Iran,
- S Sarvari, E Kiomarsi, **H Abbasi**, S Sarvari. (2009).The relationship between spine flexibility and Lumbar Lordosis. 7th International Conference on Physical Education & Sports Science., Tehran, Iran,
- M H Alizadeh, Z Akbari, **H Abbasi**.(2008). The eff ect of a training program on the amount of pain and waist circumference of pregnant women. the first congress on sport injuries and corrective exercises, kerman university, Iran,
- Mohammadi.F, Farahpour. N, Rajabi. R, Nikmaram. M. R **Abbasi. H** ,(2008). Eff ect of exercise on development of somatosensory performance in comparing blind and sighted individuals, dynamic balance control International Conference on Physical Education & Sports Science., Tehran, Iran.
- **H Abbasi** R Rajabi.(2008). Determining the Craniovertebral angle as an index of assessing forward head posture with the plumb line. International Conference on Physical Education & Sports Science., Tehran, Iran,

## IPC CLASSIFIER

---

Para-Athletics, Para-Swimming

---

## COACHING CERTIFICATES

---

Fitness, Conditioning, Athletics

---