



## Vahid Sari-Sarraf

Professor

College: Physical Education and Sport Sciences

### Employment Information

Faculty/Department	Position/Rank	Employment Type	Cooperation Type	Grade
Dept. of Exercise Physiology, Faculty of Physical Education and Sport Sciences, University of Tabriz		Tenured	Full Time	29

### Papers in Conferences

1. Vahid Sari و Sarraf. Athletes' Profile. Biennial International Congress on New Challenges of Sports Science and Health on the Silk Road. Tabriz, ۲۰۲۴/۰۲/۲۰-۲۱.
2. Sari و Sarraf, V.; Alavi, P. A survey on the relationship between "happiness" and "personality" on male and female athletes and non-athletes students at Tabriz university. ۱۰th World Congress of Sport Psychology. Skiathos, Hellas, Greece. ۲۰۰۱.
3. Sari و Sarraf, V.; Khamnei, S. "Assessment of "RPE" as a psychophysics index in "GXT. ۱st Congress of sport Psychology. Tehran/Iran. ۱۹۹۸.
4. Sari , Sarraf, V.; Alavi , Namvar, P.; Nikoo , Kheslat, S. Mucosal immunity after a soccer match , 8th Symposium of the International Society of Exercise and Immunology , Sendai/ Japan , 25th - 27th 2007.
5. Sari , , Sarraf, V.; Mohammad , Zadeh, JS. Stretching and celecoxib attenuate delayed-onset muscle soreness , 9th Symposium of International Society of Exercise and Immunology , Tübingen, Germany , 21 Sept 2009 □ 23 Sept 2009.
6. Sari , Sarraf, V.; Amir , Sasan, R.; Motab, A.; Asgharpour , Arshad, M. Effects of repeated bouts of prolonged cycling on salivary IgA, cortisol and total protein in young male elite cyclists , 4th Asia-Pacific conference on exercise and sport science and 8th international sport science conference , Universiti Sains , Malaysia , 2009.
7. Sari , & Sarraf, V.; Doran, D; Atkinson, G; Reilly, T. The effect of carbohydrate supplementation on salivary IgA to intermittent exercise in the heat , The 2006 British Association of Sport and Exercise Sciences Conference , University of Wolverhampton/UK , 2006.
8. Sari , & Sarraf, V.; Doran, D; Atkinson, G; Reilly, T. Effects of repeated bouts of soccer-specific intermittent exercise on salivary IgA and cortisol , 11th Annual Congress of the European College of Sport Science , Lausanne/Switzerland , 2006.
9. Sari , & Sarraf, V.; Doran, D; Atkinson, G; Reilly, T. A comparison of salivary IgA responses to intermittent

and continuous exercise ,The 2005 British Association of Sport and Exercise Sciences Conference, Loughborough University/UK ,Loughborough University/UK ,2005 4-7 Sept.

10. Sari ,& Sarraf,V; Doran, D; Atkinson,G; Reilly,T. ,Salivary cortisol and related responses to prolonged exercise ,13th Iranian Researchers Conference in Europe, Leeds University/UK ,Leeds University/UK ,2005.
11. Alavi , Namvar, P ;Sari , Sarraf,V ,Personality characteristics of the female athletes and non-athletes ,13th Iranian Researchers Conference in Europe, Leeds University/UK ,Leeds University/UK ,2005.
12. Sari ,& Sarraf,V ,Immunity from or susceptibility to upper respiratory tract infection ,12th Iranian Researchers Conference in Europe, Manchester, UK ,Manchester, UK ,2004.
13. Sari ,& Sarraf,V.Khamnei,S; Arasteh, A ,Carotid baroreflex responsiveness in young male athletes ,The 2nd International Congress on Physical Education & Sport Sciences ,South Korea ,2000.
14. Sari ,& Sarraf,V; Amirsasan,R ,Assessment of RBC indexes after high intensity exercise in young male athletes ,The 2nd International Congress on Physical Education & Sport Sciences ,South Korea ,2000.
15. Sari ,& Sarraf, V; Nikbakht, H.; Namazizadeh, M ,Rating of Perceived Exertion in adult's males ,EGREPA Congress ,Bruxelles, Belgium ,2000.
16. Sari ,& Sarraf,V.Khamnei,S ,Sensitivity of the carotid baroreceptors in athletes ,13th Asian Games Scientific Congress ,Bangkok, Thailand ,1998 30Nov.-3Dec.

## Thesis

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1. The effect of eight weeks high intensity training on some clinical systemic inflammatory and platelet indices in normal weight and obese women
2. Effects of 12 weeks chess based training in time pressure on electroencephalography indices and skills in chess players
3. The effect of sportwear on hemorheological, inflammatory, muscle damage and psychophysical factors in female futsal players subsequent of a futsal matchh
4. The effect of four-week high intensity interval training with lycopene supplementation on some salivary oxidative stress indices in obese adolescence boys
5. The effects of 12 weeks concurrent training on genes expression of inflammatory/anti-inflammatory mediators PBMC in postmenopausal women with breast cancer riskC
6. The effect of six weeks pilates and functional training on physical fitness factors in inactive adolescent girls
7. Evaluation of the physical activity and nutrition status of female high school students in Tabriz during the corona virus epidemic
8. The acute and chronic effect of magnesium supplementation on electromyographic indices of muscle fatigue and some indices of anaerobic function subsequent of intense exercise in active women
9. The effect of short and long-term magnesium supplementation on anaerobic power, pain perception, muscle damage indices and fatigue in active women
10. The effect of women futsal sport wear in matches on hydration status, performance and psychophysical indices
11. Comparison of eight weeks jump roping and dance on body composition and athletic performance in overweight teenager girls
12. The effect of six weeks of high intensity functional training with different frequency of sessions on performance indices in inactive young girls
13. The comparison of four weeks pomegranate extract supplementation on some oxidative stress and functional indices in aerobic training in young active males
14. Effect of sport drink consumption in pre and post simulated competition on fast recovery in female kickboxer

15. The effect of four-week cross-fir exercises along with education and control diet on body composition, lipid profile and performance indices in overweight and obese males
16. The effect of six weeks Loughborough intermittent shuttle test (LIST) training on some muscle damage indices, aerobic and anaerobic power in female soccer players
17. Effect of four weeks pilates training and chia seed supplementation with intermittent caloric restriction (ICR) on some oxidative stress biomarkers, body composition and balance in overweight inactive middle aged women
18. The effects of high intensity interval training (HIIT) and continuous training with intermittent calorie restriction on expression of miR-146a and IL-6 and TNF $\alpha$  concentration in obese female
19. Effect of 8-week cardio-pilates training with D3 supplementation on performance, body composition and cardiovascular parameters in overweight and obese women with hypertension
20. Effect of six weeks HIIT and chia supplementation on Alpha TNF and MDA content in soleus muscle of model type 2 diabetes wistar rats
21. Effect of eight weeks high intensity interval training (HIIT) and continuous training combined with intermittent calorie restriction (ICR) on inflammatory indices and lipid profiles in overweight women
22. The effect of 4 weeks fish oil supplementation on some inflammation-induced peripheral fatigue factors subsequent and recovery after exhaustive exercise in healthy men
23. Effect of 8 weeks aerobic training and one session progressive exercise on some appetite indices in obese and overweight women
24. The effect of 8 weeks endurance, resistance and concurrent training on irisin, some glycemic indices and the visceral fat to muscle mass ratio on sedentary obese women
25. The effect of two different hydration methods on physiological soccer referees response subsequent dynamic yo-yo test
26. The effect of two month rope jump training with two different intensity on body composition, aerobic power and blood pressure of elementary overweight male non-athlete students
27. Effect of exercise and nutritional status on osteoporosis in postmenopausal women
28. Comparison of serum levels of bone osteocalcin and alkaline phosphatase in postmenopausal mountaineers and swimmers women
29. The effect of once saffron supplementation on some muscle damage and performance indices in men subsequent of a volleyball match
30. Effect of four weeks concurrent training and flaxseed supplementation on body composition, lipid profile and cortisol and insulin hormones in overweight women
31. The effects of eight weeks aerobic training and exhaustive exercise on some salivary and blood antioxidant indices in young men
32. The effect of short term ginger supplementation on performance indicators subsequent DOMS due to resistance training in physical education students
33. Effect of short and long-term creatine supplementation with 8 weeks resistance training on apoptosis markers in middle aged men
34. The effects of breakfast consumption on body composition and physical fitness in 10-12 years old students in Shabestar city
35. The effects of two PAP intensity with different resting time period on performance and muscle soreness in taekwondo male athletes
36. The effects of static, dynamic and specific warm-up on some performance indices in female volleyball players
37. The relationship between 2D/4D with handgrip strength, testosterone and cortisol hormones in volleyball players and swimmers
38. Time of day effect on the test results of the evaluation of physical education in female students
39. Effect of two HIIT and aerobic training methods on FVC, FEV<sub>1</sub>, FEV<sub>1</sub>/FVC, O<sub>2</sub> pulse max and body composition in overweight young female
40. The effects of four weeks resistance training on quality of kata performance and some physical

fitness factors in elite young male karateka

41. The effect of quadriceps muscle fatigue following concentric and eccentric activities on the force sensation in knee joint
42. Comparison of acute ingestion of carbohydrate and L-carnitine on exhaustion time and HR variability during recovery from GX in male college athletes
43. Effects of acute and chronic pyramidal and reverse-pyramidal resistance training on cellular damage and growth markers in non-athlete male adolescents
44. The effects of aerobic exercise and short-term grape seed extract supplementation on some oxidative stress indices in men
45. Salivary IgA, cortisol, alpha-amylase and total protein in responses to two consecutive soccer game in females
46. Effects of time of day and exercise on the acute responses of salivary IgA, cortisol, alpha-amylase and total protein in female swimmers
47. Effects of two month military training on salivary IgA, cortisol and total protein in athlete and non-athlete soldiers
48. Time of day effects on some physical fitness factors in female athlete and non-athlete
49. The effects of Vitamin C and E supplementation on oxidative stress defensive indices and lipid peroxidation after anaerobic activity in speed skaters teenager
50. The comparison acute effect of caffeine and ibuprofen on RM, RPE and PPI in resistance exercise in athletes men
51. Association between heart rate recovery after exercises with some obesity indices in 15-18 years old male students
52. Effect of combine continuous and interval aerobic training on body composition, aerobic power, muscular strength and some serum biochemistry and hemodynamic indices males with metabolic syndrome
53. Relationship between strength and power as well as testosterone/cortisol ratio in male weightlifters
54. Effects of two futsal matches during two consequence days on salivary IgA, cortisol and total protein in female athletes
55. The effect of static muscular stretching and celecoxib on some inflammatory indices of DOMS in young male athletes after downhill running
56. ...The effects of soccer match on salivary IgA
57. ...The effects of cocoa consumption on coagulation
58. Effects of two endurance exercise bouts during two consequence days on salivary IgA, cortisol and total protein in young elite cyclists
59. Effects of 10 weeks jumping rope training on physical fitness in high school male non-athletes students
60. The effects of Futsal match on salivary IgA, cortisol, total protein and alpha amylase in female Futsal players

## Books

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1. ( Power of Sport Chapter) The World Book of Happiness
  2. Recovery in Sport
  3. Hygiene in Sport
  4. The Sport Preparticipation Fitness Examination
  5. Coaches Guide to Nutrition and Weight Control