

Neda Astani / Email: Neda.1987@gmail.com/ Cell phone: +98 914 493 2498

Education

- University of Tabriz, Tabriz- Iran. 2014 - 2016
MSc in Applied Exercise Physiology
GPA: A` 16.32 from 20
Supervisors:
Saeid D.Nikookheslat
Associate Professor of Exercise physiology. Department of Sport Science.
Email: Nikookheslat@tabrizu.ac.ir
Mohammad Reza Alipour
Full Professor of Physiology at Tabriz University of Medical Science
Email: Alipourmr@tbzmed.ir

Thesis: Case Study: Elite Himalayan Echo Cardiology and Pulmonary Ventilation Characteristics in Response to Climbing above 8000 Meter

- University of Tabriz, Tabriz- Iran. 2006-2010
BSc in Motor Control of Physical Education and Sport Science
GPA: A 15 from 20

Thesis: Comparison of Perfectionism and Anxiety in Elite Football Players and Karatekas

Work Experience

- Physical Fitness Coach at University of Art (Part-time)- Tabriz 2017 -up to now
- Visting Lecturer at Technical and Vocational University of Tabriz (Part-time) 2022- up to now:
List of teaching: Human Anatomy, Specialist Language for physical education students, Preparation and application of sports equipment, Application of specialized software in sports
- Swimming Coach at general pools. Tabriz-Iran 2008- present
- Physical Fitness Coach at University of Tabriz. 2010- 2018
- Swimming Coach at University of Medical science. Tabriz 2012-2016
- Sport Consulting Company 'Elm Avarane varzeshe Sahand' 2011-2015
The main work of the company was around consultation exercises for sport heroes, diabetic patients, cardiovascular patients, survey talented sports children, Obesity, and aging fitness
- Physical Fitness Coach for Alpinist Ski of Tabriz team 2016
- Member of the executive staff in 11th Sports Olympiad of male students of medical schools of the country. Tabriz- Iran 2014
- Internal Manager of 1'st national Congress of Science and karate-University of Tabriz-Iran 2011
- Referee of Physical Education and Sport Sciences practical test in Northwest of the Country- since 2011 (Every Year in October)
- Member of the executive staff in 1st Photography festival of Firoozeh. Tabriz- 2008

Publications and Talks

- Nikookheslat Saeid, Alipour Mohammad Reza, **Astani Neda**, Ebrahimi Hadi / Case Study: Echocardiographic and Pulmonary Ventilation Characteristics Before and After Ascending the 8000m Summit in Elite Himalayan. (Abstract accept in Oral Presentation/First Eurasian Sport Sciences Congress, University of Tabriz, 10-12 Oct 2018.)
- Amirassan Ramin, Jafari Afshar, Poorrazi Hassan, Zarghami Ali, Nabilpour Maghsood, **Astani Neda**, et al. / Evaluation of knowledge, attitude and practice of nutrition and its effective factors in elite athletes in East Azarbaijan province. Journal of Exercise of Physiology and Physical Activity (University of Shahid Beheshti)
/Sixth Period / Issue 2nd Episode 12/ Fall and Winter 2013
- Nikookheslat Saeid, **Astani Neda** / Comparison of Perfectionism and Anxiety in Elite Football Players and Karatekas. Iran-Tabriz/1'st national Congress of Science and karate.Oct 2011 .
- Vakili Javad, **Astani Neda**, Safarpour Shiva, Shahin Ahad /Studies on Zuki/ Iran-Tabriz/1'st

national Congress of Science and karate. Oct 2011

- Astani Neda, Jafari Novin Davood /20 principles of karate/ Iran-Tabriz/1'st nationalCongress of Science and karate. Oct 2011
- Member of “*NSCA's Essentials of Personal Training, 3rd Edition*” book translation (to Persian) team at University of Tabriz/Physical Education and Sport Science faculty. Feb 2023-up to now

Skills

- SPSS analyses software, analytical statistic, Computer skills, and Meta analyses
- Climber, Mountaineer, and Swimmer

Certifications

- Swimming Coach
- Aerobic Coach: Since 2007 up to now
- Novitiate in Mountaineering 2014
- Novitiate in Indoor Rock Climbing 2009
- Novitiate in Navigation, Working with Compass and Map Reading in Mountain 2014
- Basic first aid course in Red Crescent Society of the Islamic republic of Iran. 2004
- Retraining course of Karate- Tehran-Iran 2013
- Course of Meta-Analysis in physical Education and Sport Science - University of ShahidBeheshti. Tehran-Iran 2012

Seminar and Workshops Certificate

- Participant at Fifth Conference of Student Scientific on Physical Education and SportSciences. University of Mazandaran- Iran. 2007
- Participant at Conference of Physical education and sport sciences for students. Tabriz-Iran 2015
- Participant at Workshop on exercise nutrition. Lecturer: Amirsasan Ramin (PhD). Tabriz -Iran. 2010
- Participant at Workshop on Special fitness for Karate. Lecturer: Vakili Javad (PhD).Tabriz- Iran. 2011
- Participant at Workshop on Sports Talent. Lecturer: Nikoukheslat Saeed (PhD). Tabriz-Iran 2012
- Participant at Workshop on periodization of Training. Lecturer: Nikoukheslat Saeed(PhD). Tabriz-Iran 2012
- Participant at Workshop on Principles of warm-up in exercise. Lecturer: Nikookheslat.Saeed (PhD). University of Tabriz- Iran 2014
- Participant at Conference of Heart and Mountain. In Rasoul Akram Hospital. Tehran-Iran17. Jan.2019
- Participant at Seminar of Sport Rights. Tabriz. 24.oct.2023

Awards and Special Achievements

- Second place in 13th Indoor Rock climbing in Student Olympiad- University of Tabriz-Iran 2007
- Third place(team) in 13th Indoor Rock climbing in Student Olympiad- University ofTabriz- Iran 2007
- Second place in 14th Indoor Rock climbing in Student Olympiad- University of Tabriz- Iran2008
- Third place place in 15th Indoor Rock climbing in Student Olympiad- University of Tabriz-Iran 2009
- First place in Karate (Kata), in Provincial competitions of Karate in Tabriz-Iran
- National Scholarship awarded at University Entrance in Bachelor of Science- University of Tabriz 2006
- IELTS Level:B2 (6)