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Associate Professor; Imam Khomeini International University; Iran



EDUCATION

PhD IN SPORT PHYSIOLOGY,

Gilan University, Gilan, Iran

M.Sc. IN SPORT BIOMECHANIC,

Tarbiat Modarres University, Tehran, Iran

B.Sc. IN SPORT SCIENCES,

Gilan University, Gilan, Iran

ACADEMIC WORK EXPERIENCES

1998 – PRESENT

FACULTY MEMBER,

Faculty of Sport Science, Department of Sport Physiology, Imam Khomeini International University, Qazvin, Iran

2017– 2021

DEAN OF FACULTY OF SOCIAL SCIENCES,

Faculty of Social Sciences, Imam Khomeini International University, Qazvin, Iran

1999 – 2016

VICE DEAN OF RESEARCH,

Faculty of Sport Science, Department of Sport Physiology, Imam Khomeini International University, Qazvin, Iran

RECENT PUBLICATIONS

Irandoust K, Taheri M, H'mida C, Neto GR, Trabelsi K, Ammar A, Souissi N, Chtourou H, Nikolaidis PT, Rosemann T, Knechtle B. Exergaming and aquatic exercises affect lung function and weight loss in obese children. International journal of sports medicine. 2021 Jun;42(06):566-72. DOI: 10.1055/a-1289-9307

- We investigated the effect of exergames and aquatic exercises on lung function and weight loss in obese children. Sixty-one obese male primary-school children were randomly allocated to video game, aquatic exercise, and control groups. Lung functions and anthropometric variables were measured before and after the intervention and after one month (follow-up). In the video game group, an Xbox Kinect game was played for 60 min during three sessions a week. The aquatic aerobic exercise was performed three times per week and consisted of a warm-up, main exercises, and a cool down phase. A significant improvement was found in forced expiratory volume in the first second at post-intervention and follow-up in the video game and the aquatic exercise groups. Exergames and aquatic exercises improved weight loss and lung function in obese children.

Taheri M, Esmaeili A, Irandoust K, Mirmoezzi M, Souissi A, Laher I, Dergaa I, Zouhal H. Mental health, eating habits and physical activity levels of elite Iranian athletes during the COVID-19 pandemic. *Science & Sports*. 2023 May 29. <http://dx.doi.org/10.1016/j.scispo.2023.01.002>

- This study provides the first preliminary evidence showing that the COVID-19 lockdown conditions negatively influenced the eating habits and levels of physical activity and mental health in elite athletes. Regular high intensity physical activity as health strategy in elite athletes and the general population remains a strategy to improve overall health during the COVID-19 pandemic. Additionally, these findings suggest the need to devise strategies to improve the life styles of elite athletes during pandemics such as the Covid-19 pandemic.

Irandoust K, Taheri M, Mirmoezzi M, H'mida C, Chtourou H, Trabelsi K, Ammar A, Nikolaidis PT, Rosemann T, Knechtle B. The effect of aquatic exercise on postural mobility of healthy older adults with endomorphic somatotype. *International journal of environmental research and public health*. 2019 Nov; 16(22):4387. doi.org/10.3390/ijerph16224387

- The fear of falling (FOF) limits the movements of the older adults, which, in turn, might impair postural mobility. An aquatic environment has a relatively low risk of falling and can improve motor abilities. The aim of this study was to investigate the effect of aquatic exercise on postural mobility of the healthy endomorph elderly somatotype. The results showed that there was a significant difference between the aquatic exercise group and the two control groups, and the dry-land exercise group was significantly different from the aquatic control and dry-land control groups. The results indicate that the design of aquatic exercise programs, especially for endomorphic older adults with inappropriate body shape, for whom dry-land exercises are not appropriate, likely, has a positive effect on the motor control and

both the balance and gait and provide appropriate postural mobility without FOF in older adults.

Irandoost K, Taheri M. Effect of peripheral heart action training and yoga exercise training on respiratory functions and C-reactive protein of postmenopausal women. *Women's Health Bulletin*. 2019 Apr 1;6(2):1-7. doi: 10.5812/whb.88027

- The aim of this study was to evaluate the effect of peripheral heart action (PHA) and yoga exercises on respiratory functions and CRP of obese postmenopausal women. Based on the obtained results, due to the vulnerability of the elderly to cardiorespiratory and inflammatory problems, it is highly proposed to apply such exercises to improve the physiological functions.

Mirmoezzi M, Sayyah M, Taheri M, Irandoost K, Sangari M, Mirakhori F, Seghatoleslami A, Hill L, Weiss K, Knechtle B, Ghram A. Effect of self-modeling and self-controlled feedback on the performance of professional swimmers and waterpolo players. *Sports Medicine and Health Science*. 2023 Sep 9. <http://dx.doi.org/10.1016/j.smhs.2023.08.001>

- This study indicates that SC modeling of watching video is a suitable method for professional swimmers. Water polo trainers can also use SM and SC feedback to enhance their players' swimming technique.

Taheri M, Esmaeili A, Irandoost K, Mirmoezzi M, Souissi A, Laher I, Dergaa I, Zouhal H. Mental health, eating habits and physical activity levels of elite Iranian athletes during the COVID-19 pandemic. *Science & Sports*. 2023 May 29. <http://dx.doi.org/10.1016/j.scispo.2023.01.002>

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Gulu M, Yagin FH, Yapici H, Irandoost K, Dogan AA, Taheri M, Szura E, Barasinska M, Gabrys T. Is early or late biological maturation trigger obesity? A machine learning modeling research in Turkey boys and girls. *FRONTIERS IN NUTRITION*. 2023 Feb 14;10. doi.org/10.3389/fnut.2023.1139179

- The primary aim of this study was to examine the relationship between biological maturation and obesity. Obesity was an increasing effect on early maturation. It was determined that being obese, overweight and healthy-weight increased the risk of early maturation 9.80, 6.99 and 1.81-fold, respectively. In conclusion, sex and obesity are independent predictors of maturity, and the risk of early maturation is increased, especially in the case of obesity and in girls. Suspension of sports activities during the covid-19 pandemic led to unhealthy lifestyles such as harmful eating habits, low physical activity levels, and mood changes.

Shokri F, Taheri M, Irandoust K, Mirmoezzi M. Effects of the COVID-19 pandemic on physical activity, mood status, and eating patterns of Iranian elite athletes and non-athletes. *Zahedan Journal of Research in Medical Sciences*. 2022 Jul 31;24(3). doi: [10.5812/zjrms-120049](https://doi.org/10.5812/zjrms-120049)

- We examined the effects of the covid-19 pandemic on the mood states, physical activity levels, and eating habits of athletes and non-athletes during the pandemic in Iran. As shown in the results section, athletes had more favorable levels of physical activity during the COVID-19 pandemic than their fellow non-athletes, but this superiority had no positive effect on their moods. Moreover, non-athletes had healthier dietary habits than non-athletes.

Irandoust K, Taheri M, Hamzehloo K, Hamzeloo A, Weiss K, Ghram A, Souissi A, Dergaa I, Knechtle B. The effects of cognitive behavioral therapy on selected physical, physiological parameters, exercise and nutritional behaviors in diabetic persons. *European Review for Medical and Pharmacological Sciences*. 2022 Sep;26(18):6805-12.. doi.org/10.26355/eurrev 202209 29782

- Due to the high prevalence of diabetes in the world, it seems that one of the most important strategies to prevent and treat this disease are lifestyle changes. The present study aimed to investigate the effects of cognitive behavioral therapy on selected physical and psychological parameters, exercise, and nutritional behaviors in diabetic patients.