

Curriculum Vitae



Personal information

Name: Maryam

Surname: Koushkie Jahromi

Sex: Female

Birth date: 1974 June 28

Nationality: Iranian

Marital Status: Married, and two sons

Academic position: professor (2020), associate professor(2014), assistant professor(2003)

B.Sc. teaching English(Shiraz University)(1996)

Msc: physical education (kharazmi University)(1998)

Ph.D: exercise physiology (Kharazmi University)(2003)

Position:

National: Professor of Shiraz University, Iran(www.shirazu.ac.ir), - Head of sport Sciences department in Shiraz University for 7 years. Member of physical Education and sport sciences curriculum planning at ministry of research, science and technology in Iran. Deputy of research in school of education and psychology at Shiraz University since 2021 until present.

International: Executive board member of International association of physical education for girls and women "IAPESGW" , (www.IAPESGW.org)

Member of Supervisory board in International non Olympic University

Specialization: Exercise physiology (emphasizing womenhealth),
MSc in sport sciences & Physical Education,
Ph.D in exercise Physiology

Highest academic qualification: PhD

Years of academic experience: 18 years

Current office address: Department of sport Sciences, School of Education & Psychology, Shiraz University, Shiraz, Iran

Languages (writing and speaking): Persian and English

Published works:

Books:

International Publishers:

A chapter of a book " life ling health and physical activity " as :Muslim women and Sport, Routlege pub, London.(2011)

A chapter of a book “Physical activities and sport for Iranian women” in Muslim women and sport ,Routlege pub, London.(2010)

A chapter of a book " Muslim women and games" in Encyclopedia of women in Islam, Oxford university press, USA, 2013

A chapter of a book “ Aging, health, and physical activity in Iran” in aging and health, Routledge Publisher

A chapter book ‘International developments in policy and practice for equity: girls and women in physical education, physical activity and sport. In *Women and Sport in Latin America* (pp. 44-57). Routledge. By Benn, T., Jahromi, M. K., & Koca, C. (2016).

A chapter book” Inspiring women in sport in Iran” in Inspiring women in Asia. Co-editor and writers of book chapters of “Asian women sport” Routledge, 2021

National publishers:

Exercise Biochemistry, Samt pub., Iran(2004)

Effect of environment on physical activity(best selected book in Iran in 2003)

Exercise endocrinology, samt pub,Iran(2011)

Advanced endocrine physiology(2016)

Awards:

International

Margaret Talbot from IAPESGW(2017)

National

The best year academic professor at Shiraz University(2019 and 2010)

The best researcher of University (2021)

Winner of **national** prize in eminent women in research (Mirazakhani prize)2021

The best (first grade) student at PhD entrance exam in Iran(1999)

The second best student at Msc entrance exam in Iran(1997)

Winner of best rear book prize in Iran (for Effect of environment on physical activity, 2011)

Editorial board member in :

The Journal of Rehabilitation Sciences and Research (JRSR)(Shiraz university of medical science)

Journal of physical activity and hormones (Islamic Azad University Shiraz branch)

Journal of Novel physiotherapies(USA)

Full articles: (articles as main (corresponding) author)

- 1- Moradpoue F, Koushkie Jahromi M, .. (2020). Association between physical activity, cardiorespiratory fitness, and body composition with menopausal symptoms in early postmenopausal women, *Menopause*, 27(2); 230-237.
- 2- Zarei, M., Foroozan, P., Koushkie Jahromi, M., & Hemmatinifar, M. (2021). Acute Effect of High-intensity Interval and Traditional Resistance Training on Lipolysis Factors in Overweight Young Girls. *Women's Health Bulletin*.
- 3- Farzane, A. (2021). The effect of Pilates training on hormonal and psychophysical function in older women. *The Journal of Sports Medicine and Physical Fitness*.(in press)
- 4- Kazemi, A., Rostami, R., Koushkie Jahromi, M., & Tahmasebi, S. (2021). Does Pilates Exercise Change the Memory, Attention and Balance in Women with Lymphedema after Modified Mastectomy?. *Women's Health Bulletin*, 2021; 8(1), 56-62.
- 5- Hemmati, N., Kazemi, S., Jamshidian-Tehrani, N., Roozbeh, J., Koushkie Jahromi, M., Salesi, M., ... & Karimi, M. H. (2021). Effects of exercise training on immunological factors in kidney transplant recipients; a randomized controlled trial. *Research in Sports Medicine*, 1-12.
- 6- Farzaneh, A., Koushkie Jahromi, M., Salesi, M., & Rostami, R. (2020). The Ameliorating Impact of Pilates Training on Anxiety and Body Mass Index in Menopausal Symptoms. *Women's Health Bulletin*, 7(4), 46-53.
- 7- Hasanli, S., Hojjati, S., & Jahromi, M. K. (2020). The Effect of Exercise and Psychological Stress on Anti-and Proinflammatory Cytokines. *Neuroimmunomodulation*, 27(4), 186-193.
- 8- Safari, M. A., Koushkie Jahromi, M., Rezaei, R., Aligholi, H., & Brand, S. (2020). The Effect of Swimming on Anxiety-Like Behaviors and Corticosterone in Stressed and Unstressed Rats. *International journal of environmental research and public health*, 17(18), 6675.
- 9- Hemmati, N., Kazemi, S., Jamshidian-Tehrani, N., Roozbeh, J., Koushkie Jahromi, M., Salesi, M., ... & Karimi, M. H. (2021). Effects of exercise training on immunological factors in kidney transplant recipients; a randomized controlled trial. *Research in Sports Medicine*, 1-12.

- 10- Asadmanesh, E., Koushkie Jahromi, M., Samadi, M., Daryanoosh, F., & Neamati, J. (2020). Effect of resistance training and Resveratrol supplementation on muscle regeneration of MyoD and eMHC in CT-26 colon cancer mice. *Journal of Gorgan University of Medical Sciences*, 22(2), 40-48.
- 11- Qassemian, A., Jahromi, M. K., Salesi, M., & Jahromi, B. N. (2019). Swimming modifies the effect of noise stress on the HPG axis of male rats. *Hormones*, 18(4), 417-422.
- 12- Safari, M. A., Koushkie Jahromi, M., Khormae, F., & Salehi, A. (2019). The Effect of Temperament Type and Sodium Bicarbonate Supplementation on Anaerobic Power and Fatigue Index. *Sport Physiology & Management Investigations*, 11(1), 157-170.
- 13- Jahani Golbar, S., Gaini, A., Koushkie Jahromi, M., Salesi, M., & Nemati, J. (2019). The effects of endurance exercise training on gene expression of GAP-43 and CAP-1 in cerebellar tissue of male wistar rats. *Journal of Practical Studies of Biosciences in Sport*, 7(14), 57-65.
- 14- Rasouli, A., Fathi, R., & Koushkie-Jahromi, M. (2019). The Effect of Circuit Resistance Training on the Plasma Levels of Branched-Chain Amino Acids and Insulin Resistance in Obese Adolescents Boys. *Journal of Applied Exercise Physiology*, 15(30), 129-143.
- 15- Mahmoodi, A., Jahromi, M. K., Neamati, J., Tahmasebi, S., & Zamirian, M. (2018). Effect of 8 weeks Pilates training on physical fitness indices in breast cancer patients: a clinical trial study. *Journal of Gorgan University of Medical Sciences*, 20(1).
- 16- Aveseh, M., Koushkie-Jahromi, M., Nemati, J., & Esmaeili-Mahani, S. (2018). Serum calcitonin gene-related peptide facilitates adipose tissue lipolysis during exercise via PIPLC/IP3 pathways. *Endocrine*, 61(3), 462-472.
- 17- Ghanbari Ghooshchi, S., & Koushkie Jahromi, M. (2018). The effects of chronic and acute physical and psychological Stress on Brain-Derived Neurotrophic Factor in Rats. *Journal of Physical Activity and Hormones*, 2(2), 65-78.
- 18- Haghighi, E. S., & Jahromi, M. K. (2018). The Correlation Between Some Body Composition Indices and Premenstrual Syndrome in Young Females. *Women's Health Bulletin*,
- 19- Shakoore, E., Salesi, M., Jahromi, M. K., Sadeghi, H., Karimi, M. H., & Yusof, A. (2018). The effect of exercise on interferon gamma, body fat and bmi of kidney transplant patients. *Revista Brasileira de Medicina do Esporte*, 24(5), 333-337.
- 20- Shahabpour, E., Koushkie Jahromi, M., Salasi, M., & Tamadon, G. H. (2018). Effect of endurance training on vascular endothelial growth factor and vascular

endothelial growth factor receptor 2 in tumor of breast cancer bearing mice. *Journal of Gorgan University of Medical Sciences*, 20(3), 11-18.

- 21- Koushkie Jahromi, M., & Asghari, S. (2018). The Effects of four hours of sleep deprivation on cardiovascular factors and fatigue index in morning and evening. *Journal of Applied Exercise Physiology*, 13(26), 15-24.
- 22- Jahromi, M. K., & Koshnam, E. (2017). Global Politics and Muslim Women in Sport. *ICSSPE Bulletin (17285909)*, (73).
- 23- Ghaedi, S., Jahromi, M. K., & Fallahi, A. (2017). The interaction of caffeine consumption and circadian rhythm in cardiovascular responses to exercise. *MEDICINA DELLO SPORT*, 70(1), 61-68.
- 24- SAFARI, M. A., KOUSHKI, J. M., & ZAR, A. (2017). The role of four temperaments in predicting physical activity in young men. *Journal of Physiology and Management*, 117-125.
- 25- Meamari, H., Koushkie Jahromi, M., Fallahi, A., & Sheikholeslami, R. (2017). Influence of structural corrective and respiratory exercises on cardiorespiratory indices of male children afflicted with kyphosis. *Archives of Rehabilitation*, 18(1), 51-62
- 26- REZAAEE, H., KOUSHKIE, J. M., SALESI, M., & IZADI, S. (2017). The influence of core stability exercise and vitamin d on some of physical fitness indices in young multiple sclerosis (ms) women. *Exercise Physiology*, 17-34.
- 27- Moosavi, S. E., Jahromi, M. K., Salesi, M., & Jahromi, B. N. (2016). Relationship between exercise during and before pregnancy periods and gestational diabetes mellitus. *Journal of Gorgan University of Medical Sciences*, 18(3).
- 28- Shakoor, E., Qassemian, A., Jahromi, M. K., & Mehrez, A. (2016). Effects of 8-week aerobic exercise training on vascular endothelial growth: Factor among postmenopausal women. *International Journal of Applied Exercise Physiology*, 5(4).
- 29- Koushkie Jahromi, M., & Salesi, M. (2015). Comparison ginger and resistance training on primary dysmenorrhea in female students of Shiraz university. *ISMJ*, 18(1), 100-109.
- 30- Haghghi ES, Jahromi MK, Daryano Osh F. Relationship between cardiorespiratory fitness, habitual physical activity, body mass index and premenstrual symptoms in collegiate students. *J Sports Med Phys Fitness*. 2015 Jun;55(6):663-7.

- 31- Ketabipoor, S. M., & Jahromi, M. K. (2015). Effect of Aerobic Exercise in Water on Serum Estrogen and C-Reactive Protein and Body Mass Index Level in Obese and Normal Weight Postmenopausal Women. *Women's Health Bulletin*, 2(3).
- 32- Moosavi, S. E., Koushkie Jahromi, M., & Namavar Jahromi, B. (2015). The influence of exercise characteristics before and during pregnancy on gestational diabetes mellitus. *Women's Health Bulletin*, 3(1), 1-4.
- 33- Ketabi Poor, S. M., & Koushkie Jahromi, M. (2014). Effect of aquatic aerobic training on serum A and B apoproteins and lipoproteins in obese and normal weight menopause women. *Journal of Arak University of Medical Sciences*, 17(8), 44-52.
- 34- Moosavi, S. E., Koushkie Jahromi, M., & Alborzi, M. (2014). The Relationship between physical activity before and during pregnancy and identifying the most important period predictor of physical activity during pregnancy. *Journal of Practical Studies of Biosciences in Sport*, 2(3), 38-46.
- 35- Ketabipoor, S. M., Koushkie-Jahromi, M., Salesi, M., & Saboori, A. (2013). Effect of 8 weeks of selected aquatic aerobic training on cystatine C and some other cardiac risk factors in menopause women: a randomized clicical trial. *Journal of Shahrekord Uuniversity of Medical Sciences*, 15.
- 36- Koushkie Jahromi, M., Gaeini, A., & Rahimi, Z. (2008). Influence of a physical fitness course on menstrual cycle characteristics. *Gynecological endocrinology*, 24(11), 659-662.
- 37- Rasooli, S. A., Jahromi, M. K., Asadmanesh, A., & Salesi, M. (2012). Influence of massage, active and passive recovery on swimming performance and blood lactate. *Journal of Sport Medicine and Physical Fitness*, 52, 122-127.
- 38- Ghooshchy, S. G., Kameli, S., & Jahromi, M. K. (2011). The effect of sport activity and gender differences on self-perception in adolescents. *Procedia Computer Science*, 3, 1532-1534.
- 39- Ghooshchy, S. G., & Jahromi, M. K. (2010). Comparison of influence of aerobic exercise, in water walking and yogic exercise, on 3-methoxy-4-hydroxy phenyl glycol-sulfate in depressed girls. *Procedia-Social and Behavioral Sciences*, 5, 958-961.
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16- and More than 60 other articles that can be observed in
<https://scholar.google.com/citations?user=duhTMMYAAAAJ&hl=en>,
<https://www.researchgate.net/profile/Maryam-Koushkie-Jahromi>
<https://edp.shirazu.ac.ir/~khushki>
<https://orcid.org/0000-0001-9563-9461>

Speech in international conferences:

Exercise and pregnancy, St Johns, **Canada**, 2002
Islam, Iran and Women sport, Edmonton, **Canada**, 2005
Aerobic exercise during third trimester, Edmonton, **Canada**, 2005
Influence of exercise on Adiponectin, Leptin & Resistin, **Arabia Saudi**, 2005
Sport injuries in Male & female athletes, **Arabia Saudi**, 2005
Cardiac structure and function in leg amputee athletes. Beijing, **china**, 2006
Barriers & Facilitators in women sport participation, **Oman**, 2007
Increasing Global Inclusion of Muslim Girls & women in physical activity, Guangzhou, **China**, 2008.(invited)
Physical activity , disease and pregnancy , **Turkey**, 2013(invited)
Influence of jump rope training on physical fitness: **Turkey**, 2015(invited)
The New Trend and Connection of Physical Activity and Sports to Health for Women in Iran: From the Middle East Perspective. The BRICSCESS 2017 organized by BRICSCESS, Federal University, **Brazil** (2017)(invited)
Global politics and Muslim women Sport, **USA** (2017)
Hyperandrogenism in female athletes(panel discussion), **Spain**(2019)(invited)

Speech in national conferences:

Presenting in about 11 national conferences (8 lecture related to exercise physiology, 4 lectures related to situation of women sport in Iran, and Islam & women sport

Teaching Experiences (subjects)

Cellular and molecular exercise physiology, Exercise Endocrinology, Exercise physiology, Environment and exercise physiology, Exercise biochemistry, Bioenergetics, Sport biomechanics, exercise nutrition, First aid, physical fitness

Conducted Thesis (Main fields):

Exercise during pregnancy and pregnancy outcomes
Menstrual function and exercise
Exercise and breast cancer
Exercise and menopausal symptoms
Exercise and psychophysiology

Research interest

Health and women sport, exercise/sport health

Muslim women sport, culture and women sport,

Current researches:

Sport, exercise, Physical activity especially related to women health and physiology, exercise psychophysiology, and culture & women sport

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