

Hadi Pourmanaf

University of Tehran, Tehran, Iran



❖ Personal

- Surname : Pourmanaf
- First name : Hadi
- Gender : Male
- Date of Birth : 1992/04/17
- Place of Birth : Tabriz, Iran
- Address : Department of Physiology , 2nd floor , School of Medicine , Tabriz University of Medical Sciences(TUOMS) , Tabriz , Iran.
- Cell-phone : +98 - 914 - 972 - 2862
- Email : Hadipourmanaf@gmail.com, Hadi.Pvrmnaf@ut.ac.ir

❖ Education

- 09/2015 to 09/2017: Master of Science: Tehran University. Tehran. Iran. Major: Exercise Physiology. Dissertation: The Effect of Endurance Exercise on the Serum Concentration of Clara Cell and Surfactant-D Protein in the Runners. Doctor of Philosophy (Ph.D. Degree); Tehran University of Medical Sciences, Tehran, Iran (2004).
- 09/2011 to 07/2015: Bachelor of Science: Tabriz University. Tabriz. Iran. Major: Physical Education and Sport Science-Exercise Physiology.

❖ Publications

A: Books

Title	Type of Work		Publisher	Date of Publication
	Translation	Compilation		
The Role of the Professional Football Manager (in Persian)			University Press Publication (ISSN=978-600-483-111-6)	2018

B :Papers

- Nikniaz L, Ghojzadeh M, Nateghian H, Farhangi M.A and **Pourmanaf H***. The effect of aerobic exercise and vitamin D supplementation on inflammatory factors, anti-inflammatory proteins, and lung function in male smokers. BMC. 2020 (under review)
- Ghojzadeh M, Memarzadeh A, Nikniaz L. Hamzehzadeh A and **Pourmanaf H***. Effect of Curcumin supplementation on muscle damage, antioxidant status and inflammatory factors after the successive simulated taekwondo competition. Science & Sports. 2020 (In Press)
- **Pourmanaf H***, Hamzehzadeh A and Nikniaz L*. The effect of physical preparedness levels on serum levels of CC16, SP-D and lung function in endurance runners. Science & Sports. 2020 Feb 5.
- **Pourmanaf H** and Yazdani F. The effect l-carnitine supplementation on anaerobic threshold and heart rate deflection point during incremental exercise in middle distance runners. First Eurasian Sport Sciences Congress. 2018
- **Pourmanaf H** and Chaman H. The effect of curcumin supplementation on serum levels of some muscle damage markers (CK, LDH) and antioxidant capacity (TAC) in male middle-distance runners following a 800 meter race. First Eurasian Sport Sciences Congress. 2018

Registered RCTs

The effect of vitamin D supplementation and aerobic exercise on serum levels of inflammatory factors and lung function in male smokers (Clinical Trial ID: 47321), 2020.10.20

Effects of curcumin supplementation in comparison with placebo on serum creatinine kinase (CK), lactate dehydrogenase (LDH), malonyl dialdehyde (MDA), total antioxidant capacity (TAC), and interleukin-6 (IL-6) after taekwondo race in taekwondo men (Clinical Trial ID: 46178), 2020.05.24

Study of the effect of a session of endurance activity on the serum concentration of CC16 and SP-D in endurance elite runners and recreational runners (Clinical Trial ID: 31142), 2018.06.18.

Ongoing projects registered in Pazhoohan

Effect of Turmeric Supplementation on Serum Levels of IL-6 and creatine kinase in Male Taekwondo Athletes after a Session Taekwondo Competition (Project ID : 66562)

The effect of aerobic exercise and vitamin D supplementation on inflammatory and anti-inflammatory factors and lung function in smoker men (Project ID : 48056)

Suicide prevention strategies in Iranian medical centers and comparison with other countries: A systematic review (Project ID : 66461)

Causes of suicide in Iranian medical centers and comparison with other countries: A systematic review (Project ID : 66311)

❖ Attended Workshops

- Reference Writing (Research Development and Coordinating Center, 2020)
- Stata Software (Research Development and Coordinating Center, 2020)
- Studies Design (Research Development and Coordinating Center, 2020)
- Scientific Writing (Research Development and Coordinating Center, 2020)
- English for Academic Purpose (Research Development and Coordinating Center, 2019)
- Nutritionist 4 Software (Research Development and Coordinating Center, 2019)
- Medical Journalism (Research Development and Coordinating Center, 2019)
- Systemic Review & Meta-Analysis (Research Development and Coordinating Center, 2017)
- Animal Research Ethics (Research Development and Coordinating Center, 2017)
- Clinical Research Ethics (Research Development and Coordinating Center, 2017)
- SPSS Software (Research Development and Coordinating Center, 2017)
- Publication and Research Ethics (Research Development and Coordinating Center, 2017)
- Laboratory Research Ethics (Research Development and Coordinating Center, 2016)
- Scientometrics of Nutritional Studies (Research Development and Coordinating Center, 2016)
- Sport Performance: Neurocognitive Sciences and Sport Injuries (Research Development and Coordinating Center, 2015)

❖ Awards and Honors

- Winning the first place in of the 100-meter rally run (4×100) of the Country Championship in Shiraz (2017)
- Winning the third place in the 13th sports Olympiad of Iranian universities in sprint 100 meters with the team of Tehran University (2016)
- Winning the first place of a team together with the track and field team of the Tehran University in the 13th sports Olympiad of Iranian universities (2016)
- Winning the first place in the 15th student sport festival of Tehran university in sprint 100 meters (2016)
- Winning the first place in the first stage of the 100-meter rally run (4×100) of the Iranian Clubs League with the team of the Tabriz Shahrdary (2015)
- Winning the first place in the second stage of the 100-meter rally run (4×100) of the Iranian Clubs League with the team of the Tabriz Shahrdary (2015)
- Winning the first place in the third stage of the 100-meter rally run (4×100) of the Iranian Clubs League with the team of the Tabriz Shahrdary (2015)
- Winning the second place in the third stage of the 400-meter rally run (4×400) of the Iranian Clubs League with the team of the Tabriz Shahrdary (2015)

- Winning the second place of a team together with the team of Tabriz Shahrdary in the Iranian Club track and field League (2015)
- Winning the second place in of the 400-meter rally run (4×100) of the Country Championship in Tehran (2015)
- Winning the first place in the 12th sports Olympiad of Iranian universities in sprint 200 meters with the team of Tabriz University (2014)
- Winning the first place in the 12th sports Olympiad of Iranian universities in the 100-meters rally run with the team of Tabriz University (2014)
- Winning the third place of a team together with the track and field team of the Tabriz University in the 12th sports Olympiad of Iranian universities (2014)
- Winning the first place in the student competitions of Region 2 of Iran with the team of Tabriz University (2013)
- Winning the second place in the 100-meter rally run (4×100) in the student competitions of region 2 of Iran with team of Tabriz University (2013)
- Winning the second place in the 100 meter in the student competitions of region 2 of Iran with team of Tabriz University (2013)
- Winning the second place in the 200 meter in the student competitions of region 2 of Iran with team of Tabriz University (2013)
- Winning the first place in the 19th student sport festival of Tabriz university in sprint 100 meters (2013)
- Winning the first place in the 19th student sport festival of Tabriz university in sprint 200 meters (2013)
- Winning the first place in the 18th student sport festival of Tabriz university in sprint 100 meters (2012)
- Winning the first place in the province of East Azerbaijan in sprint 100 meters (2015)

❖ Professional Experiences

- Official coach of the Iranian Track and Field Federation
- Official coach of the Iranian Fitness and Bodybuilding Federation
- Cooperation with the Track and Field Federation of Iran as a nutrition, strength and conditioning coach for Mehdi Pirjahan (record holder in the 400 meters hurdles in Iran, Asian champion and world army champion) from 2017 until now
- Cooperation with the Track and Field Federation of Iran as a nutrition, strength and conditioning coach for Aata Assadi (Asian champion) from 2016 until now
- Cooperation with the Track and Field Federation of Iran as a nutrition, strength and conditioning coach for Milad Naseh Jahan (former member of Iran's national youth team) from 2017 until now
- Responsible for the speed committee and member of the technical committee of the East Azerbaijan Province Track and Field Board from 2020 until now

❖ Research Grants

NO	Organization Name providing grant	Project name	Role in project
1	TUOMS	Effect of Turmeric Supplementation on Serum Levels of IL-6 and creatine kinase in Male Taekwondo Athletes after a Session Taekwondo Competition	Main co-investigator
2	TUOMS	The effect of aerobic exercise and vitamin D supplementation on inflammatory and anti-inflammatory factors and lung function in smoker men	Main co-investigator
3	TUOMS	Suicide prevention strategies in Iranian medical centers and comparison with other countries: A systematic review	Main co-investigator
4	TUOMS	Causes of suicide in Iranian medical centers and comparison with other countries: A systematic review	Main co-investigator

❖ Social Media

- E-mail: Hadipourmanaf@gmail.com, Hadi.pvrmanaf@ut.ac.ir
- Google Scholar: <https://scholar.google.com.tr/citations?hl=en&user=PuazBAEAAAJ>
- Research gate: https://www.researchgate.net/profile/Hadi_Pourmanaf/amp
- Instagram: https://www.instagram.com/hadi_pourmanaf?r=nametag
- Linked in: https://www.linkedin.com/in/Hadi_pourmanaf
- WhatsApp: <https://api.whatsapp.com/send?phone=989149722862>

❖ Research Interests

Health, Exercise physiology, Nutrition and Exercise

❖ Languages

English (C1), Turkish (C2), Persian (C2), Arabic (A2)

❖ Interests

Swimming, Running, , Football, Cycling, Badminton, Mountaineering, Gym, Traveling, History, Culture, Novel, Pop music, Azerbaijani folklore music