



### Personal Information

Name: Behnam

Last Name: Ghasemi Mobarakeh

Date of Birth: 1965

Place of Birth: Abadan

Degree	field of study/ area of study	University	Country	Graduation Year
Bachelor's degree	physical education	Isfahan	Iran	1987
Master's degree	physical education	Teacher Training University	Iran	1991
Ph.D	Sports Rehabilitation	State University of Physical Education	Russia (Moscow)	2003

### Research Activities

Compilation and Translation

1. Compilation of the book of massage and its application in corrective exercise and sports.
2. Compilation and translation of the book of knee - careful and therapeutic exercises.
3. Translation of the book of prevention and treatment of sport injuries.
4. Translation of the book of rehabilitation exercises before and after parturition.
5. Compilation of the book of corrective movements with a corrective approach to plays.
6. Translation of the book of posture - abnormalities and treatment.
7. Translation of the book of rehabilitation and sport injuries.

8. Translation of the book of quick reference dictionary for massage therapy and bodywork.
9. Translation of the book of musculoskeletal diagnosis.
10. Translation of the book of anatomy and physiology the massage connection.
11. Compilation texts of general physical education, Principles and training of track and field, walking for Fitness, Movement therapy - corrective exercises.
12. Thesis Advisor with Title Prevalence and causes of sports injuries in basketball players of Iran Premier League teams.
13. Thesis supervisor with title the comparison of two corrective methods to decrease lumbar lordosis in students aged between 10 – 11 years.
14. Thesis supervisor with title the Comparison of two corrective methods to decrease bow legs in secondary school students.
15. Thesis supervisor with title the kyphosis correction of secondary school students by using Physio balls.
16. Thesis supervisor with title the comparison of the effect of two types of balance exercises (core stability and traditional balance exercises) on elderly.
17. Thesis supervisor with title the effect of three methods of aromatherapy, massage and aromatherapy- massage on the level of state anxiety and muscle pain of fitness female athletes in Isfahan.
18. Thesis supervisor with title the relationship of some musculoskeletal disorders with leisure activities with an emphasis on physical activity, use of computers and the Internet.
19. Thesis supervisor with title the comparison of two corrective methods of massage and aerobic exercise on depression and cognitive problems of the elderly women in Isfahan.
20. Thesis supervisor with title the relationship between the medial longitudinal arch of the foot with some elements of physical and motor fitness in boys.
21. The software is designed to identify, assess and control ergonomic risk factors associated with worker by OWAS.
22. Thesis supervisor with title the assess changes in lumbar lordosis, back pain during pregnancy and the effect of corrective exercises on lordosis and low back pain in women after giving birth.
23. Thesis supervisor with title the effects of functional training on static and dynamic balance and gait in healthy older women.
24. Thesis supervisor with title the study of postural control features in people with kyphosis compared with matched groups.
25. Thesis supervisor with title the Comparison of the effect of traditional exercises and training with physio ball on kyphosis and lordosis correction of female students aged 12 to 14 years.

26. Thesis supervisor with title the effect of progressive resistance training combined with the proprioceptive neuromuscular facilitation stretching on static and dynamic balance of women and men with multiple sclerosis.
27. Thesis supervisor with title the comparison of the effect of eight weeks of training in and out of the water on balance and gait performance in patients with stroke.
28. Thesis supervisor with title the comparison of traditional exercises & body weight supported training (BWST) exercises on bone density in paraplegic spinal cord injured persons.
29. Thesis supervisor with title the comparison of the effect of combined training and Pilates exercises on lordosis and strength of abdominal muscles in non-athletic women.
30. Thesis supervisor with title the comparison of core stabilization training program and closed kinetic chain exercises on balance in mentally retarded students.
31. Thesis supervisor with title the comparison of the effect of Pilates and McKenzie exercises on pain and general health in women with chronic back pain.

### **Research papers**

1. Behnam Ghasemi, Akbar Azamian Jazee, Parastoo Noori. The effect 12 weeks functional training program on dynamic and static balance in healthy older women (University of Social Welfare and Rehabilitation Sciences), No. 18, 2010, pp. 36-30.
2. Jahanbakhsh Khosrozadeh, Masood Gulpaigani, Ebrahim Banitalebi, Behnam Ghasemi. Prevalence and causes of sports injuries in basketball players of Iran premier league teams. Journal of sports sciences, No. 8, Autumn 2008.
3. Seyed Hamed Mousavi, Behnam Ghasemi, Mohammad faramarzi. The relationship between the medial longitudinal arch of the foot with static and dynamic balance of students. Journal of Sports Medicine, No. 2, Autumn 2009.
4. Parastoo Noori, Behnam Ghasemi, Akbar Azamian Jazee, Farzaneh Gandomi, Shokoofeh Naderi. The effect of six weeks of training with a rope on the balance of elementary students. Eighth International Congress of Sports Medicine, Isfahan, Iran, 2 to 4 may 2012.
5. Sareh Saeidi, Behnam Ghasemi, Akbar. Azamian Jazee. Evaluation of lumbar lordosis changes during pregnancy and the effects of corrective exercise on lumbar lordosis of women after giving birth. Eighth International Congress of Sports Medicine, Isfahan, Iran, 2 to 4 may 2012.
6. Sareh Saeidi, Behnam Ghasemi, Akbar. Azamian Jazee. The relationship between low back pain and lumbar lordosis during pregnancy and the effects of corrective exercise on lumbar lordosis of women after giving birth. Second national Conference on sport injuries and corrective exercises, Tehran, 1 and 2 june 2011.

7. Parastoo Noori, Behnam Ghasemi, Akbar Azamian Jazee. The effect 12 weeks functional training program on dynamic and static balance in healthy older women. the first international scientific conference on fitness and aerobics. Tehran, 15 and 16 February 2011.
8. Hamid Kargar, Behnam Ghasemi, Mohammad Ali Salehi. Prevalence and causes of lower extremity injuries in athletes of Islamic Republic of Iran. National Conference of Application of Sports Science in Physical Education progress. Isfahan, 31 October and 1 November 2012.
9. Mohammad Ali Salehi, Behnam Ghasemi, Hamid Kargar, Mehdi Javadpoor, An investigation of the diversity incidence of sports injuries in athletes of Chaharmahal and Bakhtiari . National Conference of Application of Sports Science in Physical Education progress. Isfahan, 31 October and 1 November 2012.
10. Ebrahim Banitalebi, Jalil Khayambashi, Behnam Ghasemi. The prevalence, causes and consequences of sports injuries in amateur climbers. Fifth International Conference on Physical Education and Sport Sciences. Shahid Beheshti University, 21 to 23 February 2006.
11. Mansoureh Arefi Nia, Behnam Ghasemi, Sajad Arefi Nia. The evaluation of the awareness and performance of athletes of academic team sports of athletes and teams in the prevention of sports injuries. National Conference of Application of Sports Science in Physical Education progress. Isfahan, 31 October and 1 November 2012.
12. Behnam Ghasemi, Arman Dehghani, Elham Shareghi Boroujeni, Nasim Mokhtar Gandomani. Comparison of the quality of life in older users of wellness station and older non-athlete. National Conference of Application of Sports Science in Physical Education progress. Isfahan, 31 October and 1 November 2012.
13. Behnam Ghasemi, Behnaz Raufi Boroujeni, Parvin Shiran. The effect of a corrective complex in reducing back pain in patients referred to the clinic Borujen city. National Conference of Application of Sports Science in Physical Education progress. Isfahan, 31 October and 1 November 2012.
14. Samira Vatankhah, Behnam Ghasemi. Study of Personality aspects of masculinity and femininity and its effect women athletes tend to combat and non-combat sports. National Conference of Application of Sports Science in Physical Education progress. Isfahan, 31 October and 1 November 2012.
15. Behnam Ghasemi, Masoome Pir Ali Kheirabadi, Gholamreza Sharifi. Comparison of the effect of two corrective methods on uneven shoulder in students aged 12 to 14 years. National Conference of Application of Sports Science in Physical Education progress. Isfahan, 31 October and 1 November 2012.

16. Behnam Ghasemi, Nader Rahnama, Zahra Akbari Gandomani. Comparison of the effect of traditional exercises and training with physio ball on lordosis correction of female students aged 12 to 14 years. National Conference of Application of Sports Science in Physical Education progress. Isfahan, 31 October and 1 November 2012.
17. Behnam Ghasemi, Mansoureh Arefi Nia, Sajad Arefi Nia. The effect of massage and aromatherapy- massage on the level of state anxiety and muscle pain of the female step aerobics players. National Conference of Application of Sports Science in Physical Education progress. Isfahan, 31 October and 1 November 2012.
18. Experience of the use of corrective-rhythmic exercises in correction of postural deformities in children at school. Fifth Conference on applied sciences, 23 October 2002, Moscow, rehabilitation for patients with limb and nervous system diseases.
19. The effect of corrective exercises and massage in School children with spinal deformities based on data from the tensiometer device (Seventh International Scientific Congress on “Modern Olympic Sport and Sport for All”, Moscow, State University of Physical Education and Tourism Russia 2002).
20. Postural correction of Spinal abnormalities in preschool and elementary school
21. International Conference on diagnosis, prevention and correction of limb deformities in children and adolescents.
22. Experience of the use of rhythmic exercises in correction of spinal abnormalities in children (9th Iranian Student Seminar in Europe, 29-30st June, 2002, Birmingham University, UK).

### **Education Courses**

1. Leadership and Sport in Iran.
2. The period of application of laser in sport injuries in Moscow.
3. The period of massage (remedial, children, sports and general) in Moscow.
4. The period of Corrective exercises in Moscow.
5. The period of slimming Massage in Poland.

### **Administrative records**

1. From 1993 to 2000 and 2005 to 2008 responsible for Physical Education at the Shahrekord University.
2. From 2005 to 2006 as assistant training of Literature & Humanities College
3. From 1996 to 2000 responsible for Championship base of Chaharmahal and Bakhtiari
4. responsible for massage committee of federation of physical fitness.
5. From 1995 to 2000 and 2004 So far Lecturer of Payam Noor university in the course of corrective exercise and sport injuries, kinesiology, physical fitness, football and gymnastics.
6. Massage Instructor of National Olympic Academy.

7. Massage Instructor of Sports Medicine Federation.
8. Responsible for curriculum of massage in Applied Science University.