



# **Navid Kalani**

**Assistant Professor**

**Faculty of Sport Sciences Shahrood University of Technology**

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## **Personal information**

**Last name, Frest name: Kalani Navid**

**Date of birth: 1985 November 16**

**Place of Birth: Jouneghan, Chaharmahal and Bakhtiyari province, Iran**

**marital status: Married**

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### **Academic Profiles**

- ORCID: 0000-0003-0446-6601

- Scopus Author ID: 58061987400

- Google Scholar: <https://scholar.google.com/citations?user=mZfuVcQAAAAJ&hl=en>

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### **Educational records:**

**Bachelor in Sport Sciences** University of shahrekord 2005-2009

**MSC in Sport Sciences** (sport injury and corrective exercise). University of Isfahan. 2009-2011

**Thesis:** Effect of 8-week resistance-plyometric exercises on changes in bone mineral density and markers of injury in soccer players

**Thesis Advisor:** Nader Rahnama

**PhD in Sport Sciences** (sport injury and corrective exercise). University of Tehran. 2016-2020

**Dissertation:** Principal Components Analysis (PCA) of three-dimensional movement of the knee joint in healthy and Susceptible soccer players to Anterior Cruciate Ligament injury with the aim of identifying the pattern of ACL injury

**Dissertation Advisor:** Hooman Minonejad and Mohammad Hosein Alizadeh

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## Teaching Experiences

**Assistant professor, Shahrood University of Technology**      **2024- present**

**Coerces:** Kinsopathology, Biomechanic, corrective exercise, sport injury, Therapeutic exercise and Rehabilitation

**Lecturer,** Payame Noor University and Islamic Azad University, shahrekord 2010-2024

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## Scientific-Research Activities List:

### Book:

Translate the book of sport injury handbook diagnosis and management ( Christer Rolf )

### Journal Paper:

1. **Navid Kalani**, Nadeer Rahnama, Yasser Jafari, Zahra Riahi. (2011). The effect of eight weeks aerobic exercise on quality of life and pain in patients with rheumatoid arthritis. Research in Rehabilitation Sciences. Faculty of Rehabilitation, Isfahan University of Medical Sciences.
2. Zahra Riahi, Fahimeh Esfarjani, Mohammad Marandi, **Navid Kalani**. (2012). The effect of exercise exercises during dialysis on fatigue and quality of life in hemodialysis patients. Research in Rehabilitation Sciences. Faculty of Rehabilitation, Isfahan University of Medical Sciences.
3. **Navid Kalani**, Nader Rahnama, Mohammad Faramarzi, Efat Mumbai, Zahra Riahi. (2011). The effect of resistive-pleometric exercises on biochemical markers of bone formation in soccer players. Olympic Magazine.
4. Mostafa Rahimi, Farzin Halabchi, Ismail Ali Bakhshi, **Navid Kalani**, Shahram Nazari. (2011). Sports injuries in international competitions. Journal of Military Medicine, Baqiyatollah University of Medical Sciences, Tehran. Volume 13, No. 4, Winter 2011.
5. Zahra Riahi, Fahimeh Esfredani, Mohammad Marandi, Ahmadbayat, **Navid Kalani**. (2012). The effect of regular exercise exercises on dialysis, muscle atrophy and physical functioning of hemodialysis patients during dialysis. Journal of Shahrekord University of Medical Sciences. Volume 14, Number 5.
6. Zahra Riahi, **Navid Kalani**, (2014). Effect of aerobic exercises during dialysis on muscle function and physical function of hemodialysis patients. Physiology Research Journal of Physical Education Research Institute.
7. **Navid Kalani**, Hooman Minoonejad, Mohammadhossein Alizadeh, Abdolkarim Karimi, (2023). Relationship between Kinematic Parameters of the Lower Limb and Maximum Ground Reaction Force during Jumping and One-Legged Landing, *Razi Journal of Medical Sciences*, 29(7), 85-96.

8. **Navid Kalani**, Nader Rahnama, Mohammad Faramarzi, Sareh Razi, Alireza Behjati. Effect of 8-week resistance-plyometric exercises on changes in bone mineral density and content in soccer players Journal of Research on Biosciences and Physical Activity Volume.4, number.7, autumn and winter 2017.
  9. **Navid Kalani**, Zahra Riahi, Hourii Bayati. Investigating the relationship between the level of physical activity and the severity of the disease in people infected with Covid-19. Journal of Sport in Biomotor Sciences, Volume 23, Number 1, 2020.
  10. **Navid Kalani**, Shahnaz Shahrbanian, Zahra Riahi. Effect of resistance training with theraband on pain and quality of life in patients with knee osteoarthritis. (2020). J Bas Res Med Sci.
  11. HS Hossein, A Sara, D Hasan, **N Kalani**. The effect of three types of exercises programs on the patella location in athletes with patellofemoral pain. The Knee 41, 97-105. 2023
  12. **N Kalani**, A Hosseini, M Rezvani, F Bahrami. The Effect of Shoulder Neuromuscular Exercises on Based of the Sahrmann Approach on Upper Limb Function and Scapulohumeral Rhythm in Overhead Athletes with Scapular Dyskinesis. journal of motor and behavioral sciences. 2025.
  13. A Naderi, A Sohrabi, F Bahrami, **N Kalani**. Exploring the Role of Upper Extremity Inter-limb Asymmetry in Functional Tests and Its Association with Sports Injuries in Volleyball Players. Zahedan Journal of Research in Medical Sciences 27 (3), 1-9. 2025
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### Participate in national and international conferences

14. Comparison of forward head and alignment of knee in Triathlon with non-athlete subjects. First Triathlon Science Contest. March 2010.
  15. Effect of eight-week resistance-pleometric exercises on bone density changes in soccer players. Sixth National Conference of Physical Education Students in Iran. Dec. 2011
  16. The effect of exercise exercises during dialysis on muscle function in hemodialysis patients. Sixth National Conference of Physical Education Students in Iran. Dec. 2011
  17. The effect of eight weeks of resistance training on quality of life and pain in patients with knee osteoarthritis. The 5th International Conference on Management and Sport Economics. September, 2014
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### • Certifications & Qualifications

- Level D Soccer Coaching Certificate – 2008
  - Level III Physical Fitness Coaching Certificate – 2008
  - Level III Karate Coaching Certificate – 2006
  - Level II Karate Coaching Certificate – 2012
  - Level III Bodybuilding Coaching Certificate – 2008
  - Soccer Referee Certificate, Level 2 – 2008
  - JB Karate Judge Certification – 2006
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### Research Interests

- Sports injury prevention
  - Musculoskeletal disorders
  - Motion analysis and biomechanics
  - Exercise therapy and rehabilitation
  - Lower limb injuries and ACL
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## **Skills**

### Professional & Research Skills

- 3D motion analysis
- Musculoskeletal assessments
- Exercise therapy and rehabilitation
- Sports research design

### Software

- MATLAB
  - OpenSim
  - Python
  - SPSS
  - Microsoft Office
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