



 **Date of Birth:** 5 January 1998

Iran

 0989338888405

 parniasarikhani1376@gmail.com

Research Interests

Brain Functional Connectivity

Exercise Neuroscience

Memory and Learning in Rodent Models

Neural Oscillations and Local Field Potentials
(LFPs)

English Proficiency

University of Tehran English Proficiency Test
(UTEPT)

Score: **64 (upper intermediate)**

Currently preparing for the IELTS Academic
Examination

Parnia Sarikhani

PhD candidate

PhD Candidate in Exercise Physiology, Kharazmi University, Tehran,
Iran

Education

PhD in Exercise Physiology

Kharazmi University, Tehran, Iran

2024 – Present

Supervisors:

Dr. Hamid Rajabi

Dr. Javad Mirnajafi-Zadeh

Thesis Title: Investigation of the Effects of Continuous
Aerobic Exercise with Emphasis on Eccentric and Concentric
Contractions on Memory and Functional Connectivity
between the Dorsal and Ventral Hippocampus, Entorhinal
Cortex, Prefrontal Cortex, and Amygdala in Aged Male Rats.

MSc in Exercise Physiology

University of Tehran, Tehran, Iran

Faculty of Sports and Health Sciences 2020 – 2023

GPA: 18.95

Thesis Title: Investigation of the Effects of High-Intensity
Aerobic Exercise on Selected Cardiac Inflammatory
Markers in Middle-Aged Male Rats

Supervisor:

Dr. Abbas Ali Gaeini

Dr. Ali Asaghar Ravasi

Academic skills

Statistical and Research Software

- SPSS
- Graph pad prism
- Kinovea

Research & Technical Skills

- Field-Based Athletic Performance Assessment
- Laboratory Animal Handling and Experimental Procedures
- Stereotaxic Surgical Techniques
- Local Field Potential (LFP) Recording
- Physiological Data Collection and Experimental Research Methods

Programming

- Basic Python Programming
- R Programming

BSc in Physical Education and Sport Sciences

University of Tehran, Tehran, Iran

Faculty of Sports and Health Sciences 2016 – 2019

GPA: 18.54 (Outstanding Graduate)

Exceptional Talent Admission

Publications

sarikhani, P., et al. (The Effect of Vitamin D Supplementation and High-Intensity Interval Training on Some Inflammatory Cardiac Markers in Middle-Aged Male Wistar Rats)

Scientific Information Database (SID), 2023. *(In Persian)*

Conference Presentations

Poster Presentation: Interaction of Vitamin D supplementation and High Intensity Interval Training on Interleukin-1 β . β -catenin inflammation system variables in heart tissue of middle-aged Wistar rats

2nd International Congress on Sport Sciences and Interdisciplinary Research, 2025

Research Collaboration

Iran National Handball Team Training Camp

- Participated as a researcher during national team preparation camps. For Investigation warm-up protocols.

Teaching experience

Instructor of Coaching Certification and Professional Development Programs

Physical Fitness Federation of Islamic republic of IRAN

Exercise Physiology

Theory and Methodology of Training

Resistance Training Program Design

Endurance Training Program Design

Athletics Federation of I.R Iran

Exercise Physiology for Athletics

Theory and Methodology of Training

Athletic Achievements

First Place, Iranian Karate Super League, March 2019

National Karate Championships, First and Third Place, Iran

Third Place, World Shotokan Karate Union Championships, June 2011

Gold Medal (First Place), National Student Olympiad, July 2022

Bronze Medal (Third Place), National Student Olympiad, July 2021

Certifications & Professional Training

- Grade 3 Physical Fitness Coaching Certification – Physical Fitness Federation
- Grade 3 Bodybuilding Coaching Certification – Bodybuilding Federation
- Advanced TRX Suspension Training Certification – Sepehr Sports Institute
- Functional Fitness Certification – Bodybuilding Federation
- Pilates Instructor Certification – University of Tehran
- Kinesiology Taping (Kinesio Taping) Certification – University of Tehran
- Attendance Certificate, Seminar on Physical Activity and Exercise for Older Adults (April 2022)
- Handball Coaching Development Course – Islamic Republic of Iran Handball Federation (January 2023)

- Grade 3 Functional Fitness Coach Certification – Bodybuilding Federation (August 2022)
- Physical Fitness Federation Instructor Certification – Physical Fitness Federation (June 2024)
- Sports Injury Prevention in Handball Workshop – University of Tehran & Handball Federation (June 2024)
- Pilates Level 2 Workshop Certificate – Physical Fitness Federation (December 2024)

Work Experience

Secretary, Talent Identification Committee

Handball Federation of the Islamic Republic of Iran, Tehran
| April 2021 – March 2024

Strength and Conditioning Coach

Junior National Handball Team

Instructor

Physical Fitness and Athletics Federation, Tehran | January 2025 – Present