



# Amirreza Golzadeh Gangaraj

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## Education

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B.Sc. in Sport Science

[University of Mazandaran](#)

Jan 2018 – May 2022

- GPA: 2.8/4.5 (15 of 20)

## Research Interests

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- Physical activity
- Health promotion
- Exercise based rehabilitation
- Injury prevention
- Corrective Exercise and posture improvement
- Community health
- Management and entrepreneurship in health and fitness sector

## Publication

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Authors:

Dosti, M. Habibi, A –Golzadeh, A. (in prep)

Name:

The Role of Environmental responsibility in Shaping Elite Iranian Athlete's Personal Branding.

## Academic Projects

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- Developing age-specific nutrition plans aimed to support and improve overall health and achieve weight loss and muscle gain goals.
- Monitoring and assessment of rehabilitation program outcomes
- Training programs for injury prevention and functional recovery
- Project on sample exercise plans for:
  - knee pain treatment
  - lower back pain treatment

- Ankle pain treatment on athletes
- Improving health and well-being
- Improving health, posture correction, and physical development in children

## Awards and Honors

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- Admitted to the University of Mazandaran with a full tuition waiver (based on national university entrance exam performance). Jan2018-May2022
- Ranked among the top 6.81% of national university entrance exam participants. 2018
- Outstanding Player in Iran Students Competitions Mazandaran VS Markazi in 2017
- Champion of Provincial volleyball Students Competitions in Mazandaran in 2017
- Champion of Volleyball Student Competition in Amol in 2017
- Champion of U20 volleyball competitions in Amol in 2017
- Ranked 3rd in the Student Volleyball Competitions in Amol in 2016
- Ranked 3rd in the U18 provincial competition in Mazandaran in 2016
- Ranked 2nd in the Student Competitions in Amol in 2012

## Certificates and Workshops

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COURSE	INSTITUTION	GPA	DURATION	YEAR
BUSINESS ADMINISTRATION	Tehran Business School	19.54 of 20	400 hours	2020 Nov -2021 Dec

## Experiences

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Research Assistant:

Supervisor: Dr. Morteza Dosti (Mazandaran University) – Oct2025- Present

- Supporting the research project "*The Role of Environmental Responsibility in Shaping Elite Iranian Athletes' Personal Branding.*"
- Conducting literature review, translating academic texts, and assisting in manuscript preparation.

Management Experiences:

- Assist manager of sports academy, 2022-2024
- Arzeshafarinan Sanat Varzesh Iran, Tehran, Tehran
- Taking part in meetings on core issues and solving problems

- Attending the meetings of managers of sports complexes
- Participating in discussions on sports branding and marketing
- Documentation and reporting of management processes in volleyball academies

#### Physiotherapy Experiences:

##### Physiotherapy (Sport Rehabilitation), 2024-2025

- Observing rehabilitation sessions with physiotherapists.
- Learning and practicing basic exercises for low back pain, knee pain, shoulder, and ankle injuries.
- Explain and demonstrate group exercises and stretches to patients, directing an assisting when required.
- Understanding the role of exercise in injury prevention and treatment, and posture correction

### Skills

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#### Computer Skills

Programming Languages: Python, Java script, MATLAB

Operating Systems: Linux, Windows

#### Language Skills

English

IELTS: (academic) overall=7 Listening=7.5 Speaking=7 Reading=7 Writing=6.5

#### Practical Skills

##### Fitness Trainer & Exercise Specialist:

- Designed programs for weight management.
- Developed rehabilitation -focused exercise plans for low back pain, knee pain, shoulder pain, and ankle injuries.
- Ability to develop and implement customized training programs

### Memberships

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- Iran's Volleyball First Division League

<i>Role</i>	<i>Post</i>	<i>Team</i>	<i>Year</i>
<i>Volleyball player</i>	Outside Hitter	Toopka (Borjhayeh Saheli Payam )	2021-2022
<i>Volleyball player</i>	Outside Hitter	Odima Noor	2019-2020

- Iran U20 premier League

<i>Role</i>	<i>Post</i>	<i>Team</i>	<i>Year</i>
<i>Volleyball player</i>	Outside Hitter	Kalleh club	2018-2019
<i>Volleyball player</i>	Outside Hitter	Kalleh club	2017-2018

- Iran Universal Championships

<i>Role</i>	<i>Post</i>	<i>Team</i>	<i>City</i>	<i>Year</i>
<i>Volleyball player</i>	Outside Hitter	University of Mazandaran	Sari	2022
<i>Volleyball player</i>	Outside Hitter	University of Mazandaran	Babolsar	2020
<i>Volleyball player</i>	Outside Hitter	University of Mazandaran	Rasht	2018

- Iran Student Championship

<i>Role</i>	<i>Post</i>	<i>Team</i>	<i>Year</i>
<i>Volleyball player</i>	Outside Hitter	Mazandaran Students' team	2017

## Hobbies and interests

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- Regularly attend the GYM, go running, and follow healthy diet
- Enjoy swimming and hiking
- Play Dutar (Persian traditional instrument)
- Reading self-help books

## References

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- Dr Esmaeil Hosseini

Assistant professor Department of exercise physiology and biomechanic, University of Mazandaran, Babolsar, Iran

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- Dr Mahdi Nabavinik

Assistant professor, Department of Exercise Physiology, Mazandaran University, Babolsar, Iran

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- Dr Komeil Dashti

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