



ALIREZA NADERI

INTERNATIONAL LECTURER

EDUCATION

2012-2015 M.S.

Islamic Azad University, Science and Boroujerd, Iran Exercise Physiology

MSc Thesis:

Effect of Four Weeks of β -alanine Supplementation on Muscle Carnosine and Blood Serum Lactate during Exercise in Male Rats

2007-2011 B.A.

Islamic Azad University, Science and Karaj, karaj, Iran Sports Science

WORK EXPERIENCE

2018 – Present

Performance Nutritionist “Roshan Clinical Gait Analysis Center”

2016 – Present

Performance Nutritionist “Be Smart 2 Fit” team

EXPERIENCE IN TRAINING

- Sports Nutrition Consultants of many Iranian Athletes from different levels and ages since 2015-presents
- Sports Nutrition consultant of Taravat Khaksar (An Elite Karate Athlete, Iranian National Team), 2017 – present. Champion in Last six international competitions who has been ranked world no.3.
- Sports Nutrition consultant of Shahab Zahedi (An Elite soccer player, Iranian National Team) 2018-present. who playing in Puskás Akadémia FC since 2021
- Sports Nutrition Consultant of Ezzatollah Akbari (An Elite Iranian Wrestler and champion in Asia).
- Artem Favorov a Ukrainian elite soccer player who plays in Puskás Akadémia FC
- Sports nutrition consultant of Yalda Valinjad (An Elite Taekwondo Athlete, Iranian National Team),
- Sports Nutrition consultant of Mohammad Naderi and Ali Alipour (An Elite soccer player, Iranian National Team) who played in FC Perspolis. The most famous Iranian Soccer team with a considerable number of fans in Asia.
- Sports Nutrition consultant of Iranian women rowing national team from 2021-2022.
- Manager of “Be Smart 2 Fit” Team, sports nutrition consultant for people in different level of physical activity
- Sports nutrition consultant in “Roshan” the Center for Clinical Gate Analysis.

CONTACT

Email: info@IFPE-Academy.com

PUBLISHED ABSTRACTS

1. MS Koozehchian, K Taheri, A Sarshin, A Gaeini, A Naderi, SR Stannard, M Kaveh B, TJ Chandler FACSM. Effects of Short-Term Spirulina Supplementation on Oxidative Stress Markers in Mountaineers at High Altitude. ACSM. Orlando, May 29, 2019.

2. Koozehchian MS, Sarshin A, Fallahi V, Rahimi A, Kaviani M, Forbes S, Candow DG, Artioli G, Naderi A (2020) Effects of Creatine and Sodium Bicarbonate Supplementation on Exercise Performance in Elite Taekwondo Players. The FASEB Journal 34 (S1):1-1. doi:10.1096/fasebj.2020.34.s1.09278

LANGUAGES

Persian | Mother Tongue

English | Fluent, IELTS Certificate