



DR. NADER AFRAVI

PHD OF EXERCISE PHYSIOLOGY

CONTACT

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EDUCATION

- . PhD of exercise physiology" / cardiovascular & respiratory" sports physiology.
- . M.Sc. of exercise physiology/ physical education(PE) & sports sciences.2013
- . B.Sc. of physical education(PE) & sports sciences.(GENERAL).

WORK EXPERIENCE

- University lecturer (Islamic azad university & jame elmi karbordi)
- . Lecturer in " Tehran medical branch" azad university : 3 years
 - . Lecturer in "Tehran shomal branch" azad university :5 years
 - . Lecturer in" shahre rey branch" azad university : 2 years
 - . Lecturer in" rodehen branch" azad university :2 years
 - . Lecturer in" Tehran branch" jame elmi karbodi university: 7 years
 - . Director of "physical education group" (group manager) : 2 years (shahid irani center- " Tehran branch" jame elmi karbodi university)

LANGUAGE

- . National Language : Farsi (Persia)
- . Arabic Language: Average Level
- . English Language: Average Level

RESEARCH

Effect of Medium-Term Supplementation with Creatine and HMB, on the Strength of Adult Male Athletes with Knee Injuries during Sports Rehabilitation.

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