



Azadeh Sobhkhiz

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 Tehran, Iran

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## PROFESSIONAL EXPERIENCE

- Present: Head of the Monitoring and Research Department, Student Cultural Office, Tehran University of Medical Sciences
- Present: Secretary of the Youth Headquarters of the Student Cultural Office, Tehran University of Medical Sciences
- Present: Member of Tehran Municipality's Elite Program (District 3)

۲۰۱۹- ۲۰۲۳: *Health Researcher*

- Membership of student health-related research projects in the Student Health Affairs Department, Vice-Chancellor for Cultural Affairs, Tehran University of Medical Sciences

۲۰۱۸ - ۲۰۲۳: ***Research Team Member***

- Contributed to specialized research in the Sports Medicine Research Center, Tehran University of Medical Sciences
- Focused on physical fitness, injury prevention, and athlete rehabilitation

۲۰۱۶ - ۲۰۲۳: ***Lecturer of Advanced Courses***

- Delivered lectures in biomechanics, physical fitness, and strategic management at Islamic Azad University, Tehran Branch

۲۰۱۳: ***Specialist Assistant in Physical Rehabilitation***

- Assisted in designing and implementing rehabilitation programs under the supervision of Professor Dr. Yahya Sokhangouei

**۲۰۱۲ - ۲۰۱۹: *Sports Expert and Manager***

- Organized and managed The IBn Sina Student Festival
  - Held key roles in the Physical Education Department at Tehran University of Medical Sciences
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**EDUCATION**

**۲۰۲۰: *PhD in Strategic Management in Organizations and Sporting Events***

- Islamic Azad University, Tehran
- Research focus on strategizing success in global sports organizations

**۲۰۱۳: *Master's Degree in Sport Biomechanics***

- Islamic Azad University
- Examined advanced musculoskeletal forces in sports

**۲۰۱۱: *Bachelor's in Physical Education and Sport Sciences***

- University of Mazandaran
  - Studied the foundation of human biomechanics and sport psychology
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**CROSS-DISCIPLINARY SKILLS**

**Analytical and Technical Skills:**

- Expertise in data analysis using SPSS
- Advanced use of visualization tools: Adobe Photoshop, Illustrator, Premiere Pro

**Biomechanics Expertise:**

- Sports Equipment Design: Innovated custom hardware for athletic programs

- Force Analysis: Internal and external forces acting on athletes during different sports scenarios
- Musculoskeletal Correction: Addressing and treating physical abnormalities through advanced techniques

#### Injury Management and Rehabilitation:

- Prevention and treatment of sports injuries
- Proficient in using advanced biomechanical test equipment, such as:
  - Force Plate Systems
  - Motion Analysis Tools
  - Electromyography (EMG)

#### Sports and Special Populations:

- Expertise in adaptive sports for the disabled and elderly
- Robotics in sports innovation and performance management

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#### SELECTED PUBLICATIONS

1. Selected anthropometrical, muscular architecture, and biomechanical variables as predictors of 800-m performance in swimmers

Authors: Azadeh Sobhkhiz, Alireza Nasrizade, et al.

Published in *Journal of Science & Sports*, ISSN: 2226 (2018)

2. Multivariate analysis of 200-m front crawl swimming performance in young swimmers

Authors: Azadeh Sobhkhiz, Heydar Sadeghi, et al.

Published in *WUT University of Technology Journal*, DOI: 10.52777/2886-0012-2018-03

۳. Predicting fast front crawl swimming performance in teens using biomechanics and anthropometric factors

Authors: Azadeh Sobhkhiz, Heydar Sadeghi, et al.

*Journal of Olympic* (upcoming publication)

۴. The effect of sports activities in academic and kinetic environments among youth

Presented at the *1st National Conference on New Findings in Sports Sciences*, Teacher Training University, Dec. 14, 2018

۵. Needs assessment of stakeholders in sports medicine information systems

Co-authored with Zahra Haj Asnafi and Farideh Ashraf Kavian

Published in *Tehran Journal of Sport*, 2022

۶. Designing conceptual and logical data models for athlete-centered hospital information systems

Published in *Journal of Hospital*, Volume 21, Issue 2 (2022)

۷. "Sport Coach Education Programs: Perspectives and Features" in the Ibero-American Journal of Exercise and Sports Psychology (Volume 19, Issue 1, 2024).
- Authors: Zsolt Nemeth, Abdumalik Shopulatov, Hanno Felder, Mochamad Ridwan, Azadeh Sobhkhiz, Mohd Asmadzy Bin Ahmad Basra, Edi Setiawan, Akram Abdulakhatov, Farruh Ahmedov (\*).

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## RESEARCH PROJECTS

Approved by Tehran University of Medical Sciences:

۱. Analysis of Sports Facilities Statistics at Tehran University of Medical Sciences (۲۰۱۵-۲۰۱۹)
  - Code: ۵۳۱۸۷
  - Role: Co-researcher
  - Status: Completed
  - Affiliation: Vice Chancellor for Research, TUMS.
۲. Pilot Implementation of a Web-Based Health Monitoring System for Elite Athletes of Iran
  - Code: ۵۳۱۲۱
  - Role: Principal Investigator
  - Status: Archived
  - Affiliation: Department of Sports Medicine.
۳. Designing a Health Monitoring and Care System for Students at Tehran University of Medical Sciences
  - Code: ۵۲۴۱۵
  - Role: Co-researcher
  - Status: Completed.
۴. Implementation of a Comprehensive Health Monitoring System to Document Injuries and Diseases in Athletes
  - Code: ۵۴۱۲۹
  - Role: Co-researcher
  - Status: Approved (Pre-study phase).

۵. Designing an E-Monitoring System to Enhance Student Physical Activity at TUMS
  - Code: ۵۵۱۴۱
  - Role: Principal Investigator
  - Status: Ongoing.
۶. Development of E-Learning Content for Physical Education Students in Iran
  - Code: ۵۵۱۴۴
  - Role: Principal Investigator
  - Status: In Progress.
۷. Activity Guidelines During COVID-۱۹ for Healthy and Recovered Individuals in Medical Student Populations
  - Code: ۵۵۲۰۲
  - Role: Principal Investigator
  - Status: Ongoing.
۸. Survey and Identification of Research Needs at the TUMS Student and Cultural Affairs Department (Year ۲۰۲۰)
  - Code: ۵۶۰۹۱
  - Role: Principal Investigator
  - Status: Under Evaluation.
۹. Study on Responsible Consumption Culture Among TUMS Students
  - Code: ۵۶۷۱۱
  - Role: Principal Investigator
  - Status: Completed.

١٠. Analysis of Migration Tendencies Among TUMS Students and  
Recommendations to Reduce Migration

- Code: ٥٧١٧١
- Role: Co-researcher
- Status: Completed.

١١. Research Prioritization of the Vice Chancellor for Cultural & Student Affairs at  
TUMS (٢٠٢٢)

- Code: ٦٣٢٠١
- Role: Co-researcher
- Status: Completed.

١٢. Evaluation of Physical Health in TUMS Students (١٤٠٢)

- Code: ٧٢٠١٠
- Role: Co-researcher
- Status: Completed with Final Report.

Pending or Ongoing Projects

١٣. Assessing the Effectiveness of Physical Activity Interventions via E-Monitoring  
Systems Among TUMS Students

- Code: ٩٠٣٤٣
- Role: Principal Investigator
- Status: Under Evaluation.

١٤. Designing a Key point Detection System for Sports Posture Analysis Using  
Deep Learning

- Code: ٩٠٤١٧

- Role: Principal Investigator
- Status: Under Evaluation.

#### ۱۰. Monitoring Physical Activity Correlation with Mental Health of Incoming Students (AY ۱۴۰۳-۱۴۰۴)

- Code: ۹۰۴۲۵
- Role: Principal Investigator
- Status: Under Evaluation.

Approved by Tehran Municipality:

Designing Predictive Models for Public Transport Usage in Urban Areas

۱. Traffic Flow Optimization Using Machine Learning Algorithms
۲. Assessment of Green Space Distribution and Accessibility in Urban Zones
۳. Citizen Behavior Analysis for Waste Management Using Data Analytics
۴. Developing an Interactive Dashboard for Urban Crime Analysis and Prevention

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## BOOKS

Translator & Graphic Designer:

۱. Sports Medicine vs. Corona
  - ۱۳۸ illustrated pages
  - Published by Hatmi Publications (۲۰۲۱)

Author:



## ۲. How to Assess Physical Fitness of Emergency Personnel in Iran

- Published (۲۰۲۲)

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Keynote speaker at the National Scientific Conference on Pediatric Diseases - Children and Physical Activity Panel: Tehran University of Medical Sciences - Children's Medical Center – ۲۰۱۹

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Keynote Speaker: Breathing Techniques in Physical Activities Workshop

*Health Vice-Chancellor Workshop for School Health Unit Officials - Tehran University of Medical Sciences, ۲۰۱۹*

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Speaker: Desk-Based Sports and Activities Workshop

*Health Vice-Chancellor Workshop for School Health Unit Officials - Tehran University of Medical Sciences ۲۰۱۹*

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Speaker: Principles of Sports Shoes Workshop

*Health Vice-Chancellor Workshop for School Health Unit Officials - Tehran University of Medical Sciences ۲۰۱۷*

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Award-Winning Speaker: New Findings in Sports Sciences Conference

*National Conference on Innovations in Sports Sciences ۲۰۱۶*

## TRAINING & CERTIFICATION COURSES

Extensive training in the following areas:

- “Sports Medical Assistant” Training (۲۰۱۹)
    - Supervised by the Iranian Association of Sports Medicine and Iranian Nursing Association
  - “Electromyography and Analysis of Results in Sport” (۲۰۱۲)
    - Conducted at the ۶th National Conference by the Sports Sciences Research Institute of Iran
  - “Sport Talent Identification” (۲۰۱۳)
    - Held at the ۳rd Asian Universities Conference of Physical Education
  - “Prescribing for Pelvic Disorders” (۲۰۱۲)
    - A focused research-based workshop for athletes
  - “Corrective Exercises and Pathology”
    - Delivered by the University of Mazandaran’s esteemed faculty
  - “Entrepreneurship and Innovation in Sports”
    - Conducted at the University of Mazandaran by Dr. Emad Hosseini
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## PROFESSIONAL ACHIEVEMENTS

- Athletic Excellence:
  - Represented Iran’s National Lifesaving Team in Middle-East Championships
  - Won multiple individual silver and team medals

- Coaching and Leadership:
  - Fitness coach for faculty members at Tehran University of Medical Sciences
  - Led gymnastic and squash training programs for elite trainees
- Event Leadership:
  - Member of the Executive Committees for:
    - 10th Sport and Cultural Olympiad for University Students
    - National Conferences on Sports Medicine and Education

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## GLOBAL INITIATIVES AND INTERESTS

- Partnering with World Health Organization (WHO) projects, including:
  - *More Active People for a Healthier World* initiative
- Development of health-focused sports software and global programs

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Conducted comprehensive health screening for 1,570 new incoming students (academic year 1403-1404) at Tehran University of Medical Sciences.

- Screening Areas: Physical health, mental health, nutrition status, sleep quality, sports and cultural talent identification, physician visits, dental check-ups, nutritional counseling and analysis, musculoskeletal examinations, psychological counseling, optometry, and blood tests.