

Dr. Mohsen Sheykhlovand

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Date of birth: Aug 22, 1984

WORK EXPERIENCES

Iranian canoeing, rowing and sailing federation (ICRSF), Tehran, Iran

- Technical advisor of the ICRSF (2019 until now),
- Director of the International Department of the ICRSF (2019 until now),
- Lecturer of the ICRSF in the field of canoe polo coaching (2013 until now),
- Technical assistant and conditioning coach of the Iranian national canoe polo teams participating in the Asian and World canoe polo championships (men senior, women senior [2015 –2017]),
- Head coach of the Iranian national canoe polo team (men senior) participating in 2013 Asian championships,
- Assistant coach of Iranian national canoe polo team (men senior) participating in 2012 World championships,
- Conditioning coach of Iranian national canoe polo team (men senior) participating in 2010 World and 2011 Asian Championships,
- Manager of education & research committee of ICRSF (2012-2013).

Tehran canoeing association

- Manager of research committee of Tehran canoeing, rowing and sailing association (2011),
- Manager of education committee of Tehran canoeing, rowing and sailing association (2010),
- Manager of sport for all committee of Tehran canoeing, rowing and sailing association (2011).

University lecturer

- Teaching in the field of physical education and sports science (2015-2017)

SKILLS & CERTIFICATES

- Certified ICF referee in the field of canoe polo,
- Certified lecturer of ICRSF in the field of canoe polo coaching,
- World-level researcher in the exercise science, specifically in canoe polo
- Certified conditioning coach of National Olympic & Paralympic academy of Iran,
- Certified Canoe Sprint coach of the International Canoe Federation (ICF)
- Certified Para-canoe coach of the International Canoe Federation

SPORT-RELATED BACKGROUND

- Captain of the Iranian national canoe polo team in World and Asian championships (2008-2018),
- Second place of 2019 Asian canoe polo cup (as technical consultant of the Iranian national men and woman senior teams),
- 4th place of 2018 Asian games (Athlete),
- 16th place of 2014 World championships (Athlete),
- Bronze medal of 2013 Asian canoe polo championships – men senior (as head coach),
- Gold medal of 2011 Asian canoe polo championships – men senior (Athlete),
- Bronze medal of 2009 Asian canoe polo championships – men senior (Athlete),
- Bronze medal of 2007 Asian canoe polo championships – men senior (Athlete),
- Gold medal of 2007 open world cup – men senior (Athlete),
- 16th place of 2006 World championships (Athlete),
- Several medals in the Iranian premier canoe polo leagues and national championships from 2005-2018.

EDUCATION

- **PhD in exercise physiology**
University of Guilan, Rasht, Iran
- **MSc in exercise physiology**
Islamic Azad University, Central Tehran Branch, Tehran, Iran.
- **BSc in mechanical engineering**
Shahid Rajaei Teacher Training University, Tehran, Iran.

ENGLISH LANGUAGE PROFICIENCY

- IELTS (Academic 6.5).
- UTEPT Certificate in English language from university of Tehran.

PUBLICATIONS

Original articles

1. Gharaat MA, **Sheykhloovand M**, Eidi LA. Performance and recovery: effects of caffeine on a 2000-m rowing ergometer. *Sport Sci Health*, (2020). doi: 10.1007/s11332-020-00643-5.
2. **Sheykhloovand M**, Gharaat M, Khalili E, Agha-Alinejad H, Rahmaninia F, Arazi H. Low-volume High-intensity Interval versus Continues Endurance Training: Effects on Hematological and Cardiorespiratory System Adaptations in Professional Canoe Polo Athletes. *J Strength and Cond Res*, 2017, 32(7):1852–1860. doi: 10.1519/JSC.0000000000002112.
3. **Sheykhloovand M**, Khalili E, Gharaat M, Arazi H, Khalafi, M, Tarverdizadeh B. Practical model of low-volume paddling-based sprint interval training improves aerobic and anaerobic performances in professional female canoe polo athletes. *J Strength and Cond Res*, 2018, 32(8): 2375-2382. doi: 10.1519/JSC.0000000000002152.
4. Fereshtian S, **Sheykhloovand M**, Forbes S, Agha-Alinejad H, Gharaat M. Physiological and performance responses to high-intensity interval training in female inline speed skaters. *Apunts Med Esport*. 2017, 59(196): 131-138. doi: 10.1016/j.apunts.2017.06.003.
5. **Sheykhloovand M**, Forbes SC. Aerobic capacities, anaerobic power, and anthropometric characteristics of elite female canoe polo players based on playing position. *Sport Sci Health*, 2018, 14(1): 19-24. doi: 10.1007/s11332-017-0395-0.
6. **Sheykhloovand, M**, Khalili E, Agha-Alinejad, H, Gharaat, M. Hormonal and Physiological Adaptations to High-Intensity Interval Training in Professional Male Canoe Polo athletes. *J Strength and Cond Res*. 2016; 30 (3): 859–866. doi: 10.1519/JSC.0000000000001161.
7. **Sheykhloovand M**, Gharaat M, Khalili E, and Agha-Alinejad, H. The effect of high-intensity interval training on ventilatory threshold and aerobic power in well-trained canoe polo athletes. *Science & Sports*. 2016; 31 (5): 283–289. doi: 10.1016/j.scispo.2016.02.007.
8. Forbes SC, **Sheykhloovand M**. A Review of the Physiological Demands and Nutritional Strategies for Canoe Polo Athletes. *Sports Nutr Ther*, 2016; 1 (3): 116. doi: 10.4172/2473-6449.1000116
9. **Sheykhloovand M**, Gharaat M, Bishop P, Khalili E, Karami E, and Fereshtian S. Anthropometric, Physiological, and Performance Characteristics of Elite Canoe Polo Players. *Psychology & Neuroscience*. 2015; 8(2): 257–266. doi: 10.1037/pne0000013

Conference papers

10. Fereshtian S, Sahebi-Sharifabadi M, **Sheykhloovand M**, Agha-Alinejad H. High-intensity interval training (HIIT) versus traditional endurance training (TET): effects on aerobic power and respiratory system adaptations in female inline speed skaters. *11th International congress on sport science*. May, 2018, Tehran, Iran.
11. Kheyrollahi M, Behbudi L, **Sheykhloovand M**, Faraji A. The effect of 12 week combined training (plyometric & strength) on maximum strength and body composition in female athletes. *10th International congress on sport science*. April, 2017, Tehran, Iran. DOI: 10.22089/10thconf.2017.533
12. Ebadi A, Mosavi S, Siahkohian M, Nakhostinrohi B, **Sheykhloovand M**. Acute Effect of Glutamine Supplementation on Serum Levels of LDH after Eccentric Resistance Exercise in Untrained Young Men. *The 3rd International CUA Graduate Students Symposium, June 2016, Ardebil, Iran*.
13. Ebadi A, Mosavi S, Siahkohian M, Nakhostinrohi B, **Sheykhloovand M**. Acute Effect of Glutamine Supplementation on Serum Levels of CPK after Eccentric Resistance Exercise in Untrained Young Men. *The 3rd International CUA Graduate Students Symposium, June 2016, Ardebil, Iran*.
14. **Sheykhloovand M**, Agha-Alinejad H, khalili E. A Comparison of Plyometric Training and Resistance Training on Canoe Polo Throwing Velocity. *8th International congress on physical education and sport sciences*. Feb.19-22, 2015. Tehran, Iran.
15. Fereshtian S, Agha-Alinejad H, Peeri M, **Sheykhloovand M**. The effect of a 3-wk high-intensity interval training on lactate threshold and blood lactate level in female speed skaters. *8th International congress on physical education and sport sciences*. Feb.19-22, 2015. Tehran, Iran
16. **Sheykhloovand M**, Agha-Alinejad H, Bayati, M, Khalili E, Isanejad A, Farzad B. Anthropometric and body composition profile of elite Iranian male canoe polo players. *16th Annual congress of the European college of sport science, Liverpool UK. 2011; p.594*.
17. Khalili E, Agha-Alinejad H, Bayati M, **Sheykhloovand M**, Isanejad A, Farzad B. Peak power and anaerobic capacity of the upper body in elite Iranian male canoe polo players. *16th Annual congress of the European college of sport science, Liverpool UK. 2011; p.425*.