



MEHREGAN KHEIROLLAHI

Email: mehregan_201918@yahoo.com

Gender: Male

Date of Birth: 17.09.1989

Education

Ph.D. in Exercise physiology (Biochemistry and Metabolism)

University of Tehran, Kish, Iran

Sep 2016- Feb 2021

Master of Exercise physiology

Islamic Azad University, Islamshahr, Tehran, Iran.

Sep 2013 – Aug 2020

Bachelor of Physical education and sports science

University of Tehran, Iran

Feb 2010- Jun 2013

Canoe polo (Athlete)

Member of the National Canoe polo team From 2007 to 2015

Asian Championship

- Winning **Gold** Medal of the Asian Championship, Korea 2007.
- Winning **Gold** Medal of the Asian Championship, Taiwan 2009.
- Winning **bronze** Medal of the Asian Championship, India 2013
- Winning **bronze** Medal in the Asian Championship, Hong Kong, 2015.

World Championships

- Participation in the canoe polo world championship **.Milan 2010.** (Captain of the national team)
- Participation in the canoe polo world championships, **France 2014.**

International cup

- *Participation in the international cup (4 place). Bologna-ITALY 2010. (Captain of the national team)*
- *Participation in the Tournaments of the World Cup.Sanit-Omer, France 2014*

Asian cups

- *Winning **Silver** Medal in the Asian cup, Malaysia 2013.*

Canoe polo (Coaching)

- *Iran Canoe polo team -**head coach** – World championships 2024*
- *Iran Canoe polo team -**head coach** – Asian championships 2023 – Gold medal*
- *Iran national team- **head coach** – ASIAN GAMES 2018 (Indonesia)*
- *Iran canoe polo national team -**coach**- Asian championships.malaysia 2017 . Silver medal (U21)*
- *Iran canoe polo national team -**coach**. World Championships.Canada 2018.*
- ***The head coach** of the Malavan club in the Premier League.First place.2022*
- ***The head coach** of the Alborz club in the Premier Leagu..2022. (women)*
- ***The head coach** of Ghova club.2018-2019*
- ***The head coach** of Alborz canoe polo teams. Since 2019*

Managment

- *Director of Alborz Province Canoeing Board- Since 2018*
- *Secretary of the Canoeing Association of the Ministry of Science-2018*
- *Manager of Novin Alborz canoeing club (slalom, dragon boat, canoe polo).Since 2021*

Tournament organizer

- *Asian Slalom championship,Iran,2018*
- *National Slalom championship,Alborz,2020*
- *National Slalom championship,Alborz,2021*

Education and certificate

- *Certificate – **Laboratory of physiology**- physical education and sport science Research inistitute*
- *License level 2 coaching-**canoe polo**- Iran kayak and canoe federation*

- *License level 3 coaching-**canoe polo**- Iran kayak and canoe federation*
- *License level 3 coaching-**Swimming** -Iran federation*
- *License level 3 canoe polo **referee**- Iran kayak and canoe federation*
- *Workshop- participate in **sport nutrition**- national Olympic committee*
- *university lecturer-Kharazmi university 2019*
- *Coaching class instructor - **canoe polo** – Iran kayak and canoe federation*

Researches and Publications

- *Book: Exercise and fatty liver, Tehran, Mahd elm, 2018*
- *Comparison of the effect of six weeks of endurance, resistance, and combination exercise on tissue levels of Irisin , Adipolin, and liver enzymes in diabetic Wistar rats. **Razi Journal of Medical Sciences (RJMS) . Accepted***
- *The effect of 12 weeks combined training (plyometric & strength) on maximum strength and body composition in female athletes.10 th international sports science conference.Tehran.Iran.2017*