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Employment Information

Faculty/Department	Position/Rank	Employment Type	Cooperation Type	Grade
(not set)	(not set)	(not set)	Full Time	

Papers in Journals

1. Mousa Khalafi, Mohammad Hossein Sakhaei, Fatemeh Kazeminasab, Sara K Rosenkranz, Michael E Symonds.Exercise training, dietary intervention, or combined interventions and their effects on lipid profiles in adults with overweight and obesity: a systematic review and meta-analysis of randomized clinical trials.Nutrition, Metabolism and Cardiovascular Diseases. 2023.
2. Mousa Khalafi, Amir Akbari, Michael E Symonds, Mohammad Javad Pourvaghar, Sara K Rosenkranz, Elma Tabari, Influence of different modes of exercise training on inflammatory markers in older adults with and without chronic diseases: A systematic review and meta-analysis, Cytokine, 2023.
3. Mousa Khalafi, Mohammad Hossein Sakhaei, Michael E Symonds, Saeid Reza Noori Mofrad, Yubo Liu, Mallikarjuna Korivi, Impact of Exercise in Hypoxia on Inflammatory Cytokines in Adults: A Systematic Review and Meta-analysis, Sports Medicine-Open, 2023.
4. Elham Moslemi, Parvin Dehghan & Mousa Khalafi, Effectiveness of supplementation with date seed (*Phoenix dactylifera*) as a functional food on inflammatory markers, muscle damage, and BDNF following high-intensity interval training: a randomized, double-blind, placebo-controlled trial, European Journal of Nutrition, 2023.
5. zeynab kavyani, Parvin Dehghan, Mostafa khani, Mousa Khalafi and Sara Rosenkranz, The effects of camelina sativa oil and high-intensity interval training on liver function and metabolic outcomes in male type 2 diabetic rats, Frontiers in Nutrition, 2023.
6. Mousa Khalafi, Behzad Aria, Michael E Symonds, Sara K Rosenkranz, The effects of resistance training on myostatin and follistatin in adults: A systematic review and meta-analysis, Physiology & Behavior, 2023.
7. Mousa Khalafi , Michael E Symonds , Faeghe Ghasemi , Sara K Rosenkranz , Hadi Rohani , Mohammad Hossein Sakhaei, The effects of exercise training on postprandial glycemia and insulinemia in adults with overweight or obesity and with cardiometabolic disorders: a systematic review and meta-analysis, Diabetes Research and Clinical Practice, 2023.
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9. Mousa Khalafi, Mohammad Hossein Sakhaei, Aref Habibi Maleki, Sara K. Rosenkranz, Mohammad Javad Pourvaghar, Yiqun Fang and Mallikarjuna Korivi6,Influence of exercise type and duration on cardiorespiratory fitness and muscular strength in post-menopausal women: a systematic review and meta-analysis,Frontiers in Cardiovascular Medicine,2023.

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فاطمه کاظمی نسب، محدثه شجاعی، موسی خلفی، اثر تمرينهای ورزشی بر آنزیمهای کبدی و محتوى چربی کبد در بزرگسالان مبتلا به کبد چرب غیرالکلی: مرور نظامند فراتحلیل،مجله دیابت و متاپولیسم ایران،۲۰۲۳.

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14. Mousa Khalafi, Marzieh Faramarzi, Kayvan Sharifmoradi.The effect of exercise training on CTRP3 levels in adults with metabolic disorders: a systematic review with meta-analysis.Iranian Journal of Diabetes and Metabolism,۲۰۲۳.

15. Mousa Khalafi, Mohammad Borzuk, Amir Ghanbarpour.The effect of exercise training on the circulating levels of BDNF in patients with multiple sclerosis: a systematic review with meta-analysis.KAUMS Journal (FEYZ),۲۰۲۳.

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17. mohammad javad pourvaghar, Saeid Reza Noori Mofrad, Mousa Khalafi.The Effect of High-Intensity Interval Training on Circulating Leptin Levels in Individuals With and Without Chronic Diseases: A Systematic Review and Meta-analysis.نشریه علوم زیستی ورزشی،۲۰۲۳.

18. Moghadami, K., Mohebbi, H., Khalafi, M., Akbari, A., Faridnia, M., & Tabari, E.effect of interval training intensity on protein levels of ATGL and Perilipin 5 in visceral adipose tissue of type 2 diabetic male rats.International Journal of Applied Exercise Physiology,۲۰۱۸.

19. Sheykhlovand, 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.Journal of strength and conditioning research,۲۰۱۷.

20. Mousa Khalafi, Mohammad Hossein Sakhaei, Fatemeh Kazeminasab, Michael E Symonds and Sara K Rosenkranz,The impact of high intensity interval training on vascular function in adults: a systematic review and meta-analysis,Frontiers in Cardiovascular Medicine Cardiovascular Epidemiology and Prevention,2022.