

## Curriculum Vitae



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Name: Saman Pashaei

Date of birth: 1980

Marital status: single

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### CONTACT

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Saghez, Kurdistan, Iran

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### EDUCATION

- Master of Science in Sports Physiology  
Tehran University, Tehran, Iran, March 2007
- Bachelor of Science in Physical Education and Sport Science,  
Tehran University, Tehran, Iran June 2005

### HONORS AND AWARDS

- Bronze Medal, World Cadet Greco-Roman Wrestling Championship, 1996
- Gold Medal, Greece International Greco-Roman Wrestling Championship, 1996
- Gold Medal, Iran International Greco-Roman Wrestling Championship, 1996
- Gold Medal, State Adults Greco-Roman Wrestling Championship
- Gold Medal, State Youth Greco-Roman Wrestling Championship
- Gold Medal, State Adolescents Greco-Roman Wrestling Championship
- Gold Medal, State Under-15 Greco-Roman Wrestling Championship
- Gold Medal, State University students Greco-Roman Wrestling Championship
- Gold Medal, State students Greco-Roman Wrestling Championship
- Silver Medal, State Super League, Coach 2008
- Iran Wrestling National Team Coach in Several International Events

## Coaching Certificates

- Wrestling Coaching Card( certificate?) (1<sup>st</sup> Degree),IR, Iran International Wrestling Institute
- Swimming Coaching card (3<sup>rd</sup> Degree),IR, Iran Swimming Coach Federation
- Periodization and Methodology of Training Coaching Card, IR, Iran Bodybuilding Federation
- International Anthropometry Certificate, ISAK

## TEACHING & WORK EXPERIENCES

- Lecturer (Methodology and prescription of Exercise) at Azad University (IAU) of Saghez, spring 2007.
- Lecturer (Periodization of Resistance training in sport) at Azad University (IAU) of Saghez, Fall 2007
- Lecturer (Anatomy, Physiology) at Azad University (IAU) of Saghez, Fall 2008.
- Lecturer (Nutrition for optimum Performance) at Azad University (IAU) of Saghez, spring 2008.
- Lecturer (Biochemistry of Physical Activity) at Azad University (IAU) of Saghez, spring 2007.
- Instruction and teaching (Wrestling, Physical Fitness, Swimming) at Tehran University and Azad University (IAU) of Saghez (Fall 2006, Spring 2007.- now)
- IAU of Saghez , 5/2007 - now:  
Position: Director of Physical Education And Sports Science Department
- Iran International Wrestling Institute  
Position: Programmer, instructor, national Coach 05-2006-06-2008

## ( technical and general) SKILLS

- Proficient in instruction and teaching of wrestling
- Proficient in instruction and teaching of Methodology and Periodization Training for Optimum Performance in High Level Competitions, computer literate, driving license,
- Master's degree dissertation " The Effect Of Whole Body Vibration Training (WBVT) on Explosive Power , Sprint and Agility Of Male Athlete Students( the first modern research in Physical Education in Iran) passed with score 19.18 out of 20 (Excellent)

## Dissertation and Essays

- Essay : The Increase of Anaerobic power and Hamstring power after Four Weeks of WBVT ( admitted essay in The State Research and Science Journal and Kish International Conference in March 2008)
- Essay: The Effect Of Whole Body Vibration Training (WBVT) on Explosive Power , Sprint and Agility Of Male Athlete Students( admitted essay in the state research and Science Journal and Kish International conference in March 2008)

## languages

Fluent English, Persian and Kurdish

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