

CURRICULUM VITAE

Name: Hesam Parsa
Position: Doctoral in Biomedical Science
Marital status: Married, two children
Work address:
Current address: Bu Ali Sina University, Hamadan Iran
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Education:

2015 Fitnesstrainer, Deutsche Fitness Akademie, Baunatal, Germany

2006- 2012 PhD Student in Biomedical Science, Leuven University, Leuven, Belgium
Thesis Title: Effect of Creatine Supplementation on Intramyocellular Lipid Content and Relationship with Training and Insulin Resistance

2005-2006 Pre-doctoral Student in Biomedical Science, Leuven University, Leuven, Belgium

1998-2000 MSc in exercise physiology, Tehran University, Iran
Thesis Title: Effects of Two Months Aerobic Exercise Training on Apolipoprotein A and B in Sedentary Men
(Supervisor; Dr. A. Gaeini and Dr. A. Ravasi)

1995- 1998 BA in Physical Education and Sport Sciences, Tehran University, Iran

1992-1993 Study in Mechanical Engineering (solid mechanic), Imam Hossein University, Iran

1988-1992 Diploma in Mathematics Physics, Shahid Chamran High School, Eilam, Iran

Employment History

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| 2015-2017 | Assistant professor, Bu Ali Sina University, Iran : lecture in Biochemistry and exercise physiology |
| 2012-2014 | Post Doc Student, Pain clinic, UMG, Goettingen, Germany |
| 2000-2005 | Lecturer in Exercise Physiology, Human Anatomy, Measurement and Evolution in Physical Education in the Payame Nour and Azad University, Eilam, Iran |
| 1998-2005 | Sports Sciences Teacher in Eilam schools, Iran |

Awards

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| 2002 | Wining the first place in the National Exam for PhD study in abroad (Among 600 Participants), Iran |
| 1998 | Top-Student in the National Exam for Master in Sport Sciences, Iran |
| 1998 | Top-Student in the Bachelor of Physical Education and Sport Sciences |
| 1995 | Wining the first place in the National Exam for Study in the Physical Education and Sport Sciences, Tehran, Iran |
| 1992 | Top-Student in the Mathematics and Physics in Eilam Province, Iran |
| 1992 | Wining the first place in the National Exam in the Mechanical Engineering of Imam Hossein University, Iran |

PUBLICATION

1- Hesam Parsa, Karolina Szlufcik, Katrien De Bock, Bert O Eijnde, Karen Van Proeyen, Kristin Verbeke, Pual Van Veldhoven and Peter Hespel. *Exercise-induced,*

but not creatine-induced, decrease in intramyocellular lipid content improves insulin sensitivity in rats. Journal of Nutritional Biochemistry. 22(12): 1178-1185

- 2- **Hesam Parsa**, Karolina Szlufcik, Michael Maris, Katrien De Bock, Matthijs K, C. Hesselink, Bert O. Eijnde, Patrick Schrauwen and Peter Hespel. *Hyperglycemic diet and training alter insulin sensitivity, intramyocellular lipid content but not UCP3 protein expression in rat skeletal muscles.* Int J Mol Med. 2010 Jun; 25(6):905-13
- 3- **Hesam Parsa**, Karolina Szlufcik, Katrien De Bock and Peter Hespel. Effect of training and creatine on diet-induced insulin resistance in rats Appl. Physiol. Nutr. Metab. 34: 1117-1168 (2009)
- 4- **Hesam Parsa**, Karolina Szlufcik , Karen Van Proeyen , Kristin Verbeke , and Peter Hespel. Creatine supplementation reduces intramyocellular lipid content during leg immobilization and retraining. (Ready for submission)
- 5- **Hesam Parsa**, Gizzi L, Petzke F, Consmüller T, Pfingsten M, Falla D. *estimation of lumbar spine functional movement in low back pain (submitted to International clinical Journal of Pain).* 2014

International Conference Presentation

1. **Hesam Parsa. (2009)**, *Effect of training and creatine on diet-induced insulin resistance in rats.* Oral presentation, 14th international biochemistry of exercise conference, Guelph University, Toronto, Canada
2. **Hesam Parsa (2009)**, *Effect of creatine supplementation on intramyocellular lipid content during leg immobilization and rehabilitation.* Oral presentation, 14th annual congress of ECSS, Oslo, Norway
3. **Hesam Parsa (2009)**, *Effect of training and creatine on diet-induced insulin resistance in rats.* Poster presentation, 14th international biochemistry of exercise conference, Guelph University, Toronto, Canada

- 4. Hesam Parsa (2009),** *Intramyocellular lipid content and insulin sensitivity: effect of Immobilization, training and creatine supplementation.* Oral presentation, Iranian academics symposium, UCL, London, UK
- 5. Hesam Parsa (2013).** Estimation of lumbar spine functional movement in low back pain. German annual Pain Congress , Feb, 2013 Humborg , Germany

International Conference Attendance

- 1.** Carnosine in exercise and Disease. International congress on carnosine. July 2011, Gent, Belgium
- 2.** 15th Flander Kinesiology symposium. December 2010, Antwerpen, Belgium
- 3.** Kinesiology in Flanders: Brain drain versus brain gain. December 2009, Leuven, Belgium
- 4.** First Belgian Olympic congress for sports medicine and sport sciences. November 2008, Brussel, Belgium
- 5.** 50 years of physical activity, physical fitness and health in Belgium. September 2005, Leuven, Belgium.