**Curriculum Vitae**

**Nesa Keshavarz Moghadam**

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| **Personal Information:** |
| **Full Name****Gender** | Nesa Keshavarz MoghadamFemale |
| **Phone Number****Email****Address** |  (+1) 778-927-0363nesa.keshavarzmoghad@ucalgary.caUniversity of Calgary, Faculty of Kinesiology, KNB 261 |
|  | Dec. 10, 1984D  |
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| **Research Interest:** |

* Biomechanics
* Corrective Exercise
* Musculoskeletal Disorders
* Neurodevelopmental Disabilities

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| **Current and recent positions:** |

**Postdoc Association**

November. 2022– Presence, Human Performance Lab, Faculty of Kinesiology, University of Calgary

**Supervisor:**

Dr. Larry Katz, Professor Emeritus and Director of Sport Technology Research Lab at University of Calgary

**Visiting Professor/Researcher**

May. 2021 – October 2022, Faculty of Kinesiology, University of Calgary

**Supervisors:**

**Dr. Benno Nigg,** Professor Emeritus and Founder of the Human Performance Lab at University of Calgary

**Dr. Larry Katz**, Professor Emeritus and Director of Sport Technology Research Lab at University of Calgary

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| **Grant:** |

**Mitacs**

**November 2022**

**Supervisor:** Dr. Larry Katz

**Duration:** 2 years

**Value:** $120 000

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| **Voluntary Work Experience:** |

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| **Jan. 2023 – Apr. 2023****(Part Time)****Jul. 2015 – Jan 2017****(Part Time)**  | **Trainer**CAPA, Children’s adapted physical activity, Mount Royal University, Calgary.**Job Description:** Physical training of children with disabilities.**Corrective Exercise Trainer**Disabled and Elderly Charity Hospital, Rasht, Iran.**Job Description:** Design and Implementation of Corrective Exercise and Fitness Training programs for Elderly People |

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| **CONFERENCES AND SYMPOSIA ORGANIZED:** |

**Hybrid Two-Day Symposium on Innovative Solutions for Improving Quality of Life for Autistic Individuals**

**MAY 5-6, 2022**

<https://2022symposium.wixsite.com/mysite>

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| **Education:** |

* **Ph.D. in Physical Education - Sport Biomechanics**

Sep. 2013 – Jan. 2019, Department of Humanities-Education, University of Kharazmi, Tehran, Iran, GPA: 4

* **Master of Science (M.Sc.), Physical Education and Sport Science**

Sep. 2008 – Sep. 2011, Department of Physical Education, Payame Noor University –South Tehran Branch, Tehran, Iran, GPA: 4

* **Bachelor of Science (B.S.), Physics**

Sep. 1999 – Jan. 2004, Faculty of Basic Science, University of Guilan, Rasht, Iran,

GPA: 3.5

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| **Thesis:** |

* **Ph.D. Thesis “Comparison of selected biomechanical parameters during planned and unplanned gait initiation and termination in active 20 to 30 y ears old female at different floors”** (19.99 out of 20)
	+ **Supervisors:** Prof. Heidar Sadeghi, University of Kharazmi, Tehran, Iran **&**

Dr. Farhad Tabatabai Ghomshe, University of Social Welfare and Rehabilitation Sciences, Tehran, Iran

* + **Advisor:** Dr. Mahdi Khaleghi**,** University of Kharazmi, Tehran, Iran
* **M.Sc. Thesis “The study of musculoskeletal disorders and its relationship with some anthropometric characteristics in female workers”** (19.50 out of 20)
	+ **Supervisor:** Dr. Hasan Daneshmandi, University of Guilan, Rasht, Iran
	+ **Advisor:** Dr. Azar Aghayari**,** University of Payame Noor, Tehran, Iran

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| **Manuscript Reviewer:** |

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| 2021 | European Journal of Sport Science  |

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| **Industrial Report:** |

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| 2021 | Matijevich E., Keshavarz Moghadam N., Vienneau J., Nigg S. R., Nigg B. M. “Rolling Bar” Concept EvaluationIndustrial report submitted to Li-Ning |

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| **Research Experiences:** |

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| **Comparing three methods for quantifying over ground running acceleration. 2022****Supervisor:** Dr. Benno NiggHuman Performance Laboratory, Faculty of Kinesiology, University of Calgary, AB, Canada**Planning and Managing of the Research Project and Presenting the Result:**Nesa Keshavarz Moghadam, Simar Gill , Emily Sara Matijevich , Sandro NiggSimar Gill1 , Emily Sara Matijevich1 , Nesa Keshavarz Moghadam1 , Sandro Nigg1 , Benno Nigg1Human Performance Laboratory, Faculty of Kinesiology, University of Calgary, AB, Canada**ROLA Posture Assessment and its Association with the Prevalence of Musculoskeletal Disorders in Female Workers. 2012****Advisors:** Dr. Hasan Daneshmandi, University of Guilan, Rasht, IranAnd Dr. Azar Aghayari**,**University of Payame Noor, Tehran, Iran* Planning and Managing of the Research Project
* Presenting the Result

**Relationship between Carpal Tunnel Syndrome and some Anthropometric Dimensions of the Upper Limb. 2012****Advisors:** Dr. Hasan Daneshmandi, University of Guilan, Rasht, IranAnd Dr. Azar Aghayari**,**University of Payame Noor, Tehran, Iran* Planning and Managing of the Research Project
* Presenting the Result

**Biomechanical Study of Spine during Carrying Backpack with Different Weights. 2010****Advisors:** Dr. Hasan Daneshmandi, University of Guilan, Rasht, IranAnd Dr. Azar Aghayari**,**University of Payame Noor, Tehran, Iran* Planning and Managing of the Research Project
* Presenting the Results
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| **Accepted Papers in Journals or Presented Papers at Conferences:**  |

1. Keshavarz Moghadam, N., Daneshmandi, H., Aghayari, A. (Published in Conference Book) Prevalence of Upper Body Musculoskeletal Disorders among Female Workers and its Relation with Selected Anthropometric Measures. The 6th National Sport Scientific Conference of University Student, Tehran, Iran 2011. [In Persian]
2. Keshavarz Moghadam, N., Daneshmandi, H., Aghayari, A. (Poster Presentation)**.** Biomechanical Study of Spine during Carrying Backpack with Different Weights. The 3rd International Sport Scientific Conference of Asian University, Tehran, Iran 2012.
3. Keshavarz Moghadam, N., Daneshmandi, H., Aghayari, A. (Oral Presentation) Relationship between Carpal Tunnel Syndrome and some Anthropometric Dimensions of the Upper Limb. The 2nd National Conference on Sport Science, Tehran, Iran 2015.
4. Keshavarz Moghadam, N., Daneshmandi, H., Aghayari, A. (Oral Presentation) ROLA Posture Assessment and its Association with the Prevalence of Musculoskeletal Disorders in Female Workers. The 2nd National Conference on Sport Science, Tehran, Iran 2015.
5. Keshavarz Moghadam, N., Daneshmandi, H., Aghayari, A. (2015). Relationship between Carpal Tunnel Syndrome and some Anthropometric Dimensions of the Upper Limb. www.SID.ir. [In Persian]
6. Keshavarz Moghadam, N., Daneshmandi, H., Aghayari, A. (2015). ROLA Posture Assessment and its Association with Job Satisfactions in Female Workers. www.SID.ir. [In Persian]
7. Keshavarz Moghadam, N., Daneshmandi, H., Aghayari, A. (Poster Presentation) Study of Musculoskeletal Disorders Associated with Anthropometric Measures in Female Workers. The 9th International Congress on Physical Education and Sport Science, Tehran, Iran 2016.
8. Keshavarz Moghadam, N., Sadeghi, H., Tbatabai Ghomshe, S. F. (Poster Presentation) The Effect of Different Floor Covering on Selected Kinetic Variables of Planned and Unplanned Gait Initiation in 20 to 30 Year Old Active Women. The 11th International Congress Sport Science, Tehran, Iran 2018.
9. Keshavarz Moghadam, N., Sadeghi, H., Tbatabai Ghomshe, F., Khaleghi, M. (Accepted) Comparison of Selected Biomechanical Parameters during Planned and Unplanned Gait Initiation and Termination of Active Young Female. Journal of Research in Sport Medicine and Technology, Tehran, Iran 2018. [In Persian]
10. Keshavarz Moghadam, N., Sadeghi, H. (2019). Biomechanics of Gait Initiation and Gait Termination with Emphasis on Laboratory tools, Floors and Musculoskeletal Disorders: A Systematic Review Article. Scientific Journal of Rehabilitation Medicine, 8(3), 260-171. [In Persian]
11. Keshavarz Moghadam, N., Sadeghi, H., Tbatabai Ghomshe, F., Khaleghi, M. (Oral Presentation) Comparing of Kinematic Properties of Gait Initiation of Active Women on Different Floor Coverings. The 12thInternational Congress on Sport Science, Tehran, Iran 2020.

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| **Work Experiences:** |

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| **Feb. 2019 – Mar. 2021****(Full Time)** **Feb. 2019 – Mar. 2021****(Part Time)** **Jan. 2017 - Feb. 2019****(Part Time)** **Dec. 2010 – Jul. 2015****Dec. 2010- Sep. 2011 (Part Time)** **Sep. 2011- Sep. 2013 (full Time)** **Sep. 2013- Jul. 2015 (Part Time)**  | **Manager of Data Analysis Department**Khazar Informatic Computer Engineering Services Company, Private Joint Stock, Rasht, Iran**.****Job Description:** Biomechanical Data Analyst, Holding Practical and Theoretical Educational Courses on the Grounds of Collection and Analysis of Biomechanical Data **Coach of Health, Sport and Fitness Department**Setaregan Javdan Cultural and Sport Institute. Rasht, Iran.**Job Description:** Design and Implementation of Corrective Exercise and Fitness Training programs, Design and Implementation of Corrective Exercise and Fitness Training programs for children with intellectual and developmental disabilities, Design and Implementation Structured and Active Plays for Children**Coach of Health, Sport and Fitness Department**Atieh Derakhsan Zehn Group, Atieh Clinical Neuroscience Center, Tehran, Iran.**Job Description:** Design and Implementation of Corrective Exercise and Fitness Training programs for Children with Intellectual Disabilities**Manager of Health, Sport and Fitness Department**Occupational Health Center, Tolidi Gilan Company, Private Joint Stock**Job Description:** Monitoring the Principles of Ergonomics of Workers' Equipment and Working Conditions, Design and Implementation of Corrective Exercise and Fitness Training programs for workers. |

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|  **Teaching Experience:** |

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| **2016 - 2021****(Part Time)****Sep. 2012 –Mar. 2021** **(Part Time)****Sep. 2014 – Jun. 2020** **(Part Time)****2013****(Part Time)****Jan. 2004 – Sep. 2008** **(Part Time)**  | **Lecturer in Iran Sport for All Federation**Physical FitnessDepartment of Iran Sport for All Federation, Rasht, Iran**Job Description**: Teaching Physical Fitness Training Courses**Courses:** Physical fitness, Aerobic Exercise, Corrective Exercise, Anatomy**,** Sport Management**University Lecturer**Azad University-Rasht Branch, Lashtenesha-Zibakenar Branch, Iran**Job Description:** Teaching in the Field of Physical Education and Sport Science**Courses:** Physical fitness, Aerobic Exercise, Corrective Exerci**se****University Lecturer**Payame Noor University, Tehran and Rasht, Iran**Job Description:** Teaching in the Field of Physical Education and Sport Science**Courses:** Statistics,Research Methods,Sport Biomechanics, Laboratory Internship, Technical Language**University Lecturer**Azad University-Fouman and Shaft Branch, Iran**Job Description:** Teaching in the Field of Physical Education and Sport Science**Courses:** Physical fitness, Aerobic Exercise**Teacher**High Schools, Rasht, Iran.**Job Description:** Teaching in Private Schools and Educational Institutions**Courses:** Physics, English Language |

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| **Certificate and Skills:** |

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| **Certificate** | **Institute** |
| Welcoming All Abilities | **Jumpstart & RESPECT GROUP -Canada - 2023** |
| Supporting Positive Behaviour | **Jumpstart & RESPECT GROUP -Canada - 2023** |
| Keeping Girls in Sport | **Jumpstart & RESPECT GROUP -Canada - 2023** |
| Respect in Sport for Activity Leaders | **Jumpstart & RESPECT GROUP -Canada - 2023** |
| Exercises in Exceptional Children | **University of Social Welfare and Rehabilitation Sciences and Physical Education and Sport Sciences Research Institute of Iran - 2019** |
| International Advanced Course on Children's Structured Active Play and Sport Talent Development Programs | **Physical Education and Sport Sciences Research Institute of Iran - 2019** |
| Physical Fitness Teaching Course, Level 3 | **Iran Sport for all Federation-2018** |
| Introducing New Methods Of Training  | **Iran Sport for all Federation-2018** |
| Physical Fitness Coach Teaching | **Iran Sport for all Federation-2017** |
| Designing Exercise | **Iran Sport for all Federation-2017** |
| Sport Nutrition | **Iran Sport for all Federation-2017** |
| TAFISA Certificated Leadership Course in Sport for All | **The Association for International Sport for All and International Olympic Committee - 2017** |
| The Pattern of Exercise Behavior with an Emphasis on Physical Education | **Iran Sport for all Federation-2017** |
| Practical Solution to Institutionalization of Sport | **Iran Sport for all Federation-2017** |
| Principle of Motion Engineering in Sport for All | **Iran Sport for all Federation-2017** |
| Entrepreneurial Opportunities in Sport for All | **Iran Sport for all Federation-2017** |
| Social Marketing in Sport for All | **Iran Sport for all Federation-2017** |
| Organizing Sport for All Mega Event | **Iran Sport for all Federation-2017** |
| Training of Sport Trainers for the Elderly | **Physical Education and Sport Sciences Research Institute of Iran - 2016** |
| Sports Medicine Laboratory Assistant | **Physical Education and Sport Sciences Research Institute of Iran - 2016** |
| The use of motion analyzer and fundamentals of two-dimensional motion analysis | **Payame Noor University - 2016** |
| Working with sport devices | **Iran Federation of Sports, Aerobics and Fitness - 2012** |
| Strategic Planning in University Sport | **Iranian University Sports Federation-2012**  |
| Sports Talent Identification | **Iranian University Sports Federation-2012** |
| First Aids and Pharmacology | **Iranian Nursing Association Training Center - 2011** |
| Aerobics Workshop | **Iran Federation of Sports, Aerobics and Fitness - 2011** |
| Corrective Exercise: New Attitudes in Corrective Exercise | **Iran Federation of Sports, Aerobics and Fitness** **- 2011** |
| Sport Message: The Methods of Sport Massage | **Iran Federation of Sports, Aerobics and Fitness - 2011** |
| Scientific Exercise: Medicine Resistance Training for Health | **Iran Federation of Sports, Aerobics and Fitness - 2011** |
| Scientific Exercise: Endurance Training for Health | **Iran Federation of Sports, Aerobics and Fitness - 2011** |
| Sport Nutrition | **Iran Federation of Sports, Aerobics and Fitness - 2011** |
| Application of EMG and analysis its data in sport | **Physical Education and Sport Sciences Research Institute of Iran** **- 2011** |
| Measurement of bone mineral density and its application in sport | **Physical Education and Sport Sciences Research Institute of Iran** **- 2010** |

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| **Professional Use of Software and Methods:** |

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| Word, Excel, Power Point, SPSS, Tableau, MATLAB, V3D, RULA, REBA, Opensim and Kinovea  |  |

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| **Languages:** |

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| * English: Fluent
* Farsi: Perfect
 | General IELTS Score: 6.5  |

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|  **Coaching Certificate:** |

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| Field | **Exporter Certification Institute** |
| Fitness CoachingGeneral Conditioning CourseAerobics CoachingPhysical Fitness Coaching  | **Sport for All Federation, Iran, 2017****National Olympic and Paralympic Academy, Iran, 2012****Sport for All Federation, Iran, 2011****Sport for All Federation, Iran, 2011** |

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| **Referee Certificate:** |

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| Field | **Exporter Certification Institute** |
| Badminton RefereeSwimming Referee | **Badminton Federation, Iran, 2013****Amateur Swimming Federation, Iran, 2011** |