

Masoud Moghaddam

Curriculum Vitae

Department of Health & Human Performance
Texas A&M University—Commerce

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RESEARCH INTERESTS

Musculoskeletal System ◊ Endocrine System ◊ Strength & Conditioning Programs ◊ Physiological Responses of Muscular & Endocrine System to Resistance Training ◊ High Intensity Interval Training ◊ Exercise Prescription

EDUCATION

Texas A&M University—Commerce, Commerce, TX, USA
Master of Exercise Science (Advisor: Prof. Vipa Bernhardt) – 3.7 GPA 2015-2016
Imam Reza International University, Mashhad, Iran
B.S., Physical Education – 3.4 GPA 2011-2014
Montazeri Technical College, Mashhad, Iran
A.S., Physical Education – 3.4 GPA 2009-2011

PROFESSIONAL EXPERIENCES

Graduate Research Assistant, TAMUC Human Performance Lab Aug 2015-Present
Data Collection & Analysis ◊ Physical Fitness Testing ◊ Equipment Calibration ◊ IRB Submission
Track & Field Coach, TAMUC T&F Team Aug 2015-Present
Assistant Coach Shot Put, Hammer, Weight, & Discus Throwing ◊ Strength & Conditioning
Track & Field Athlete 2003-Present
Hammer Throwing ◊ Weight Throwing ◊ Discus Throwing
Operations Graduate Assistant, TAMUC Sam Rayburn Student Center Summer 2015
Setup & Management of Equipment, Rooms, and Halls for Meetings and Conferences
Physical Fitness Coach, Beheshti Athletic Center, Mashhad, Iran 2011-2014
Personal Trainer ◊ Supervisions of Teams/Individuals ◊ Strength & Conditioning
Track & Field Coach, Provincial T&F Association, Khorasan, Iran 2009-2014
Shot Put, Hammer, Discus, & Javelin Throwing ◊ Strength & Conditioning

RECOGNITION

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- ♦ Hammer Throwing All American
 - ♦ Indoor & Outdoor Lone Star Conference Champion
 - ♦ National Athlete of the Week
 - ♦ Three Time Lone Star Athlete of the Week
 - ♦ Lone Star Record Holder for Weight Throwing
 - ♦ Outdoor LSC Championship Hammer Throwing Record Holder
 - ♦ Texas A&M University—Commerce Record Holder in Weight Throwing and Hammer Throwing

HONORS & AWARDS

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- ♦ NCAA D2 Outdoor Championships, Allendale, Michigan, 2015 – 2nd Place
 - ♦ Lone Star Conference Outdoor Championships, San Angelo, Texas, 2015 – 1st place
 - ♦ Lone Star Conference Indoor Championships, Lubbock, Texas, 2015 – 1st place

- ♦ National Senior Championship, Tehran, Iran, 2013 – 2nd place
- ♦ National Top Throwers Competition, Tehran, Iran, 2013 – 2nd place
- ♦ National Senior Championship, Shiraz, Iran, 2013 – 1st place
- ♦ West Asian Championship, Dubai, UAE 2012 – 3rd place
- ♦ National Senior Championship, Shiraz, Iran, 2012 – 2nd place
- ♦ National Senior Championship, Tehran, Iran, 2012 – 3rd place
- ♦ National Senior Championship, Tehran, Iran, 2012 – 2nd place
- ♦ National Universities Championship, Urmieh, Iran, 2011 – 1st place
- ♦ National Senior Championship, Tehran, Iran, 2011 – 2nd place
- ♦ National Senior Championship, Tehran, Iran, 2011 – 3rd place
- ♦ National All Stars Competition, Shahrekord, Iran, 2011 – 2nd place
- ♦ National Universities Championship, Shiraz, Iran, 2010 – 1st place
- ♦ Top Throwers Competition, Tehran, Iran, 2010 – 1st place
- ♦ National Senior Championship, Ahvaz, Iran, 2010 – 2nd place
- ♦ National Senior Championship, Tehran, Iran, 2010 – 2nd place
- ♦ National Senior Championship, Mashhad, Iran, 2010 – 2nd place
- ♦ National All Stars Competition, Tehran, Iran, 2010 – 2nd place
- ♦ International Senior Championship, Taipei, Taiwan, 2009 – 4th place
- ♦ National Universities Championship, Kerman, Iran, 2009 – 1st place
- ♦ National Senior Championship, Ahvaz, Iran, 2009 – 2nd place
- ♦ National Senior Championship, Tehran, Iran, 2009 – 3rd place
- ♦ National Senior Championship, Tehran, Iran, 2009 – 2nd place
- ♦ National Senior Championship, Shiraz, Iran, 2009 – 1st place
- ♦ National Senior Championship, Mashhad, Iran, 2008 – 2nd place
- ♦ National Senior Championship, Tehran, Iran, 2008 – 1st place
- ♦ National Senior Championship, Tehran, Iran, 2008 – 2nd place
- ♦ National Senior Championship, Ahvaz, Iran, 2007 – 2nd place
- ♦ National Senior Championship, Sari, Iran, 2007 – 1st place
- ♦ National Senior Championship, Tehran, Iran, 2007 – 2nd place
- ♦ National Senior Championship, Shiraz, Iran, 2006 – 2nd place
- ♦ National Senior Championship, Isfahan, Iran, 2006 – 3rd place
- ♦ National Senior Championship, Tehran, Iran, 2006 – 2nd place

SKILLS

- ♦ **Technical.** Calibration and Setup VO2Max Equipment ♦ Wingate Test Setup ♦ Physical Fitness Tests ♦ Human Performance Equipment Maintenance & Troubleshooting ♦ Statistical Analysis ♦ CPR/AED, First Aid
- ♦ **Leadership.** Member of The National Society of Success and Leadership ♦ Professional Coach & Trainer ♦ Provincial T&F Athletes Representative (Khorasan, Iran)
- ♦ **Language.** Farsi (Mother Tongue) ♦ English (Fluent) ♦ Russian (Fluent)

REFERENCES

- Tara Tietjen-Smith, DA, MCHES** (903) 886-5545 ♦ tara.tietjen-smith@tamuc.edu
Department Head and Professor, Health & Human Performance, Texas A&M University—Commerce
- Vipa Bernhardt, PhD** (903) 886-5556 ♦ vipa.bernhardt@tamuc.edu
Assistant Professor, Health & Human Performance, Texas A&M University—Commerce
- Ross Smithey** (903) 468-3253 ♦ ross.Smithey@tamuc.edu
Head Track and Field/Cross Country Coach, Texas A&M University—Commerce