In the Name of God



Sports Physiology and Athletic Conditioning Vol. 5. No. 15 winter 2025

Sports Physiology and Athletic Conditioning

Affiliated to: Islamic Azad University, East Tehran Branch

Director-in-Charge: Dr. Shahin Riyahi Malayeri Associate Professor, Sport Physiology Department, East Tehran Branch, Islamic Azad University, Tehran, Iran

Editor-in-chief: Dr. Masoumeh Hosseini Associate Professor, Department of Sport Physiology, East Tehran Branch, Islamic Azad University, Tehran, Iran

Executive Manager: Dr. Behzad Divkan Assistance Professor, Department of Physical Education and Sport Sciences, East Tehran Branch, Islamic Azad University, Tehran, Iran

Editorial board

Dr. Martin Hofmeister Professor, Department Food and Nutrition, Consumer Centre of the German Federal State of Bavaria

Dr. Mohammad Ali Azarbayjani Professor, Department of Sport Physiology, Central Tehran Branch, Islamic Azad University, Tehran, Iran

Dr. Mohammad Faramarzi Professor, Department of Sport Physiology, Shiraz University, Isfahan, Iran **Dr. Bahram Abedi** Professor, Department of Sport Physiology, Mahallat Branch, Islamic Azad University, Mahallat, Irann

Dr. Maryam Koushki Jahromi Professor, Department of Sport Physiology, Shiraz University, Shiraz, Iran

Dr. Marziyeh Saghebjoo Professor, Department of Sport Physiology, Birjand University, Birjand, Iran

Dr.Hossein Shirvani Associate Professor, Department of Sport Physiology, Lifestyle Institute, Baqiyatallah University of Medical Sciences, Tehran, Iran

Dr. Masoumeh Hosseini Associate Professor, Department of Sport Physiology, East Tehran Branch, Islamic Azad University, Tehran, Iran

Administrative Manager: -

Executive assistant: -Art Designer: Qazal Marvastinia Publisher: IAUETB ISSN: 2783-3038 eISSN: 2783-3038 Publication License: Editorial office Address: East Tehran Branch, Islamic Azad University, Tehran, Iran Tel: 00982191312141 Fax: 00982133584011 Email: Jspac.journal@yahoo.com URL: http://jspac.etb.iau.ir/

Indexed in:

- Sports Physiology and Athletic Conditioning
- Evaluation journals Islamic Azad University
- Scientific Information Database (SID)

- Islamic World Science Citation Center (ISC)

www.jspac.etb.iau.ir www.eval.journals.iau.ir www.sid.ir www.isc.gov.ir

Table of Content

Editorial Note

Papers:

- The effect of resistance training and testosterone consumption on Caspse3 gene expression in the heart tissue of male Wistar rats
- The selected rehabilitation exercise program effect on the social development of autistic children a single-subject study
- The effects of aerobic exercise and Pistacia vera hull ethanol extract on the expression of superoxide dismutase in rats on a high-fat diet
- Effects of Exercise-induced myokines on cardiac function: Muscle- cardiac Crosstalk in health and diseases
- Nettle Supplementation Augments the Benefits of Combined Training on blood Glucose control and inflammatory factors in women with type 2 diabetes
- The effect of aerobic exercise on the oxidative stress of brown adipose tissue
- Analysis of Physical fitness and Anthropometric Fitness with Respect to Ranking in the Iranian National Table Tennis Team Selection