Curriculum Vitae

Zahra Fatahimeiabadi

PhD student in Interdisciplinary Health Science.
Metabolic, Nutrition, and Exercise Research (MiNER) Laboratory,
Department of Kinesiology, College of Health Sciences, The University of Texas at El Paso
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Education

2025 - Present The University of Texas at El Paso (UTEP)
PhD. in Interdisciplinary Health Science

2024 - 2025 The University of Texas at El Paso (UTEP)
M.Sc. in Kinesiology

2022 - 2023 The University of Texas at Austin (UT Austin)
M.Sc. in Kinesiology

2016 - 2019 The University of Guilan, Iran
M.Sc. in Sports Injury

2012 - 2016 Razi University, Iran
B.Sc. in Physical Education and Sport Sciences

Research Experience

Manuscripts

1. Jehu N. Apaflo, Gabriel Narvaez, Irene John Tomy, Ali Mossayebi, **Zahra Fatahimeiabadi**, Andrew J. McAinch, John P. Thyfault, Kisuk Min, Hyejin Jung, Amy E Wagler, Sudip, Bajpeyi. "*Neuromuscular Electrical Stimulation Improves Glycemic Control and Increases Respiratory Quotient in a Hyperglycemic, Sedentary, and Overweight/Obese Individuals.*" European Journal of Applied Physiology.

2. **Zahra Fatahimeiabadi*,** Jehu N. Apaflo*, and Sudip Bajpeyi. "*Glucose Curve Morphology as an Biomarkers of Metabolic Health.*" (Under review)
**Co-first Author*

Abstracts

1. **Fatahimeiabadi Z.**, Apaflo J., & Bajpeyi S. Glucose Curve Morphology and Peak Time as a Health Indicators. *Texas Chapter of American College of Sports Medicine – Waco, TX. February 21-22, 2025; International Journal of Exercise Science International Journal of Exercise Science.*

2. Apaflo J., **Fatahimeiabadi Z.**, John Tomy I., Villalobos U., Labadah J., Saha D., Dutta P., & Bajpeyi S. Neuromuscular Electrical Stimulation Improves Glycemic Controls in

Population with Hyperglycemia and Overweight/Obesity. *Texas Chapter of American College of Sports Medicine – Waco, TX. February 21-22, 2025; International Journal of Exercise Science International Journal of Exercise Science. (Submitted)*

3. John Tomy I., Apaflo J., **Fatahimeiabadi Z**., Villalobos U., Labadah J., Dutta P., Saha D., Pallares E., McAinch A., Thyfault J., Jung H., Kisuk M., & Bajpeyi S. Effect of Neuromuscular Electrical Stimulation on Glycemic Control in a Population with Hyperglycemia. *American Physiology Summit 2025- Baltimore, Maryland. April 24-27, 2025. American Journal of Physiology*

4. Apaflo J., John Tomy I., Narvaez G., Labadah J., Villalobos U., **Fatahimeiabadi Z**., Jung H., Thyfault J., McAinch A., & Bajpeyi S. Neuromuscular Electrical Stimulation Improves Glucose Metabolism and Increases Energy Expenditure. *Obesity Week Annual Meeting, San Antonio, TX. November 3-6, 2024.*

5. Apaflo J., John Tomy I., Narvaez G., Labadah J., Villalobos U., **Fatahimeiabadi Z**., & Bajpeyi S. Impact of Involuntary Muscle Contraction on Glycemic Control in a Hispanic Dominant Population. *¡Viva La Salud! 3rd Annual College of Health Sciences' Health Disparities Conference. August 2024*

6. **Fatahimeiabadi Z**., Apaflo J., Labadah J., Narvaez G., John Tomy I., Villalobos U., & Bajpeyi S. Glucose Curve Morphology as an Indicator of Metabolic Health. *¡Viva La Salud! 3rd Annual College of Health Sciences' Health Disparities Conference. August 2024.*

7. Labadah J., Apaflo J., Narvaez G., Villalobos U., John Tomy I., **Fatahimeiabadi Z**., & Bajpeyi S. Glycemic control, lipid profile and body mass index are indicative of cardiovascular health in a healthy Hispanic population without diabetes or hypertension. *¡Viva La Salud! 3rd Annual College of Health Sciences' Health Disparities Conference. August 2024*

8. **Fatahimeiabadi Z.**, Apaflo J., Labadah J., Narvaez G., John Tomy I., Villalobos U., & Bajpeyi S. Biphasic Glucose Response Curve Morphology is Indicative of Better Metabolic Health and Physical Performance. *The University of Texas at Elpaso, GraEXPO, ElPaso TX. April 2024.*

9. Labadah J., Jehu N. Apaflo, Narvaez G., Villalobos U., John Tomy I., **Fatahimeiabadi Z.,** & Bajpeyi S. Surrogate Markers of Impaired Glucose Tolerance among a Mexican-American Population without Diabetes. *The University of Texas at Elpaso, GraEXPO, ElPaso TX. April 2024.*

10. Apaflo J., John Tomy I., Narvaez G., Labadah J., Villalobos U., **Fatahimeiabadi Z**., & Bajpeyi S. Neuromuscular Electrical Stimulation Increases Energy Expenditure and Improved Glycemic Control. *The University of Texas at El Paso GradEXPO, El Paso TX. April 16, 2024.*

11. **Fatahimeiabadi Z**., Apaflo J., Labadah J., Narvaez G., John Tomy I., Villalobos U., & Bajpeyi S. Metabolic and Physical Performance Differences Based on Glucose Curve Morphology. *Rio Grande Physiological Society Annual Meeting – Albuquerque, NM. March 29-30, 2024; Conference Proceedings*.

12. Narvaez G., Apaflo J., Labadah J., Villalobos U., John I., **Fatahimeiabadi Z**., & Bajpeyi S. Ventilatory Efficiency is Indicative of Glucose Tolerance, Physical Fitness, and Overall Health. *Rio Grande Physiological Society Annual Meeting, Albuquerque NM. March 29-30, 2024.*

13. John Tomy I., Apaflo J., Narvaez G., Labadah J., Villalobos U., **Fatahimeiabadi Z**., Bajpeyi S. Neuromuscular Electrical Stimulation: An Innovative Approach to Glucose Management. *Rio Grande Physiological Society Annual Meeting – Albuquerque, NM. March 29-30, 2024. Conference Proceedings*.

14. Labadah J., Apaflo J., Narvaez G., Villalobos U., John Tomy I., **Fatahimeiabadi Z**., & Bajpeyi S. Glycemic control, anthropometric and blood parameters that are indicative of cardiovascular health in a healthy Hispanic population without diabetes or hypertension. *Rio Grande Physiological Society Annual Meeting, Albuquerque, NM. March 29 to 30. March 29-30, 2024; Conference Proceedings.*

15. John Tomy I., Apaflo J., Narvaez G., Labadah J., Villalobos U., **Fatahimeiabadi Z.,** Bajpeyi, S. Blood Glucose Management through Neuromuscular Electrical Stimulation. *Annual Campus Office of Undergraduate Research Initiatives (COURI) symposium, El Paso, TX. April 27, 2024*

16. Nyarko R., Dalve A., Perez III J., **Fatahimeiabadi Z.**, Dombroski L., Fadel P., & Kaur J., Sex difference in cardiac autonomic function in African American adults. *Physiology 39, no. S1 (2024): 1149.*

17. Dalve A., Perez III J., Nyarko R., **Fatahimeiabadi Z.**, Dombroski L., & Kaur J,. Cardiac autonomic function in young healthy Hispanic/Latino adults. *Physiology 39, no. S1 (2024): 1361.*

18. Perez III, J., Liu R., Dalve A, Nyarko R., Joergensen E., Dombroski L., **Fatahimeiabadi Z.**, & Kaur J., Sex differences in forearm blood flow and vascular conductance responses to rhythmic handgrip exercise in young, healthy Hispanic/Latino adults. *Physiology39, no. S1 (2024): 1926.*

19. **Fatahimeiabadi Z.**, Daneshmandi H., & Sedaghati P., The effect of a specific corrective exercise training on stable and unstable surfaces and its follow-up on Functional balance and fear of falling in elderly. *National Congress of Health and Sport Sciences at Ahvaz Jondishapour University of Medical Sciences, Iran, October 2018.*

Graduate Thesis

Topic: *The Feasibility and Impact of Self-Administered Neuromuscular Electrical Stimulation on Glycemic Control in Hyperglycemia Population*
Supervisor: *Dr. Sudip Bajpeyi*

Topic: *The effect of a specific exercise on stable and unstable surface on walking speed, functional balance and fear of falling in elderly men*
Supervisors: Dr. Hassan Daneshmandi and Dr. Parisa Sedaghati

Manuscript Review Experience

Assisted with manuscript review for Frontiers in Endocrinology Journal

Grant Writing

Dodson Research Grant - UTEP

- **Research Title:** The Feasibility and Impact of Self-administered Neuromuscular Electrical Stimulation on Glycemic Control in Hyperglycemia Population
- **Status:** Approved
- **Amount**: $3000

Dodson Research Grant - UTEP
Research Title: Enhancing Resistance Training Outcomes Through Neuromuscular Electrical Stimulation: Impacts on Blood Glucose Regulation, Physical Activity, and Functional Performance

- **Status:** Approved
- **Amount**: $3000

Teaching Assistant Experience

University of Texas at El Paso, Department of Kinesiology:

- Exercise Physiology, Fall 2024, Spring 2024, Spring 2025,
- Exercise Prescription, Fall 2025, Spring 2024

University of Texas at Austin, Department of Kinesiology and Health Education:

- Exercise Physiology, Fall 2022, Spring 2023
- Physical Education (Weight training and Handball), Fall

Academic Honors and Awards

- Outstanding Student Award, 3rd best 2016 graduating student, Razi University

Skills/Certifications and Workshops

- Fitness trainer
- Lactate, a phoenix rising in exercise physiology (International Symposium)
- The application of EMS (electronic muscle stimulation) in fitness exercise. (Seminar)
- Corrective movements in fitness exercise (Seminar & workshop)

Laboratory Skills: Continuous glucose monitoring, oral glucose tolerance test, indirect calorimetry (resting & exercise), phlebotomy, dermal puncture, exercise lactate production monitoring, body composition measurement (dual energy x-ray absorptiometry, bioelectrical impedance analysis, skinfold calipers,), Physical activity monitoring (accelerometer).
Computer Skills: MS Word, Excel, PowerPoint, Endnote, GraphPad.

Working Experience

- Part- time exercise trainer at Razi University (2014-2016)
- Exercise Trainer, Salhayeh Talaei nursing home center (2018-2019)

Professional Membership

- American Physiology Society (APS)
- Texas Chapter of the American College of Sport Medicine (TACSM)
- Rio Grande Physiology Society (RGPS)

Volunteers Activities

- Poster Judge, Summer 2024 Undergraduate COURI Symposium, The University of Texas at El Paso
- Hope Clinic employee health fair, El Paso, October 2024
- Tornillo High School employee health fair, El Paso, February 2025
- Guest presenter, delivered a session on exercise techniques for dental students, Texas Tech University, April 2025

Research Interests

- Exercise physiology and exercise intervention.
- Metabolic health
- Human anatomy
- Cancer studies
- Exercise and disease.
- Exercise and cancer rehabilitation.

Language skills

English and Persian