

## **Assoc. Prof. ÖZGÜR EKEN**

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### **International Researcher IDs**

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Publons / Web Of Science ResearcherID: ABE-8274-2020  
ScopusID: 56416374000  
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### **Education Information**

Doctorate, Inonu University, Sağlık Bilimleri Enstitüsü, Beden Eğitimi Ve Spor Abd, Turkey 2016 - 2021  
Undergraduate, Anadolu University, Faculty Of Business Administration (Open Education), Turkey 2011 - 2020  
Postgraduate, Ege University, Sağlık Bilimleri Enstitüsü, Spor Sağlık Abd, Turkey 2010 - 2015  
Undergraduate, Ege University, Beden Eğitimi Spor Yüksekokulu, Beden Eğitimi Ve Spor Öğretmenliği, Turkey 2004 - 2009  
Undergraduate, Eberhard-Karls-Universitaet Tubingen, Fakultät Für Sportwissenschaften, Lehramt, Germany 2007 - 2007

### **Foreign Languages**

German, A2 Elementary  
English, C1 Advanced

### **Certificates, Courses and Trainings**

Other, Ulusal Judo Hakemlik Seminer , judo federation, 2020  
Other, Ulusal Judo Hakemlik Seminer , judo federation, 2019  
Other, Ulusal Judo Hakemlik Seminer, Türkiye Judo Federasyonu, 2018  
Other, 1. Kademe Voleybol Antrenörlüğü, Türkiye Voleybol Federasyonu, 2011  
Other, 1. KADEME JUDO ANTRENÖRLÜĞÜ, TÜRKİYE JUDO FEDERASYONU, 2009  
Education Management and Planning, Liderlik Eğitimi, SPOR BAKANLIĞI, 2005

### **Dissertations**

Doctorate, Farklı egzersiz modalitelerinin beyin fonksiyonları üzerine etkisinin incelenmesi, Inonu University, Sağlık Bilimleri Enstitüsü, Beden Eğitimi Ve Spor, 2021  
Postgraduate, Judocularda farklı ışınma protokollerinin, 30 M. sürat, esneklik, dikey sıçrama, kuvvet, denge ve anaerobik güç performansları üzerine akut etkisinin incelenmesi, Ege University, Teknik Programlar, Spor Sağlık Bilimleri (YL), 2015

## **Research Areas**

Physical Education and Sports

### **Published journal articles indexed by SCI, SSCI, and AHCI**

- I. **The impact of strategic napping on peak expiratory flow and respiratory function in young elite athletes.**  
Kurtoğlu A., Eken Ö., Aydin E., Çar B., Nobari H.  
BMC sports science, medicine & rehabilitation, vol.16, no.1, pp.41, 2024 (SCI-Expanded)
- II. **Effects of Swedish Massage at Different Times of the Day on Dynamic and Static Balance in Taekwondo Athletes.**  
Bayrakdaroglu S., Eken Ö., Bayer R., Yagin F. H., Kızılet T., Kayhan R. F., Ardigò L. P.  
Healthcare (Basel, Switzerland), vol.12, no.2, 2024 (SCI-Expanded)
- III. **The effect of time of day on Special Judo Fitness Test in active judokas: Evaluation in terms of chronotype.**  
Eken Ö., Ceylan H. I. B., Kurtoğlu A., Šimenco J.  
Chronobiology international, vol.41, no.1, pp.61-71, 2024 (SCI-Expanded)
- IV. **Comparative Study of the Long-Term Impact of the COVID-19 Pandemic on Mental Health and Nutritional Practices Among International Elite and Sub-Elite Athletes: A Sample of 1420 Participants from 14 Countries.**  
Taheri M., Saad H. B., Washif J. A., Reynoso-Sánchez L. F., Mirmoezzi M., Youzbashi L., Trabelsi K., Moshtagh M., Muñoz-Helú H., Mataruna-Dos-Santos L. J., et al.  
Sports medicine - open, vol.9, no.1, pp.104, 2023 (SCI-Expanded)
- V. **The insufficiency of recreational exercises in improving cardiovascular fitness: an investigation of ventricular systolic and diastolic parameters and left atrial mechanical functions.**  
Akgümüş A., Kurtoğlu A., Aydin E., Balun A., Çar B., Eken Ö., Aldhahi M. I.  
BMC cardiovascular disorders, vol.23, no.1, pp.486, 2023 (SCI-Expanded)
- VI. **Evaluation of electrocardiographic parameters in amputee football players.**  
Kurtoğlu A., Kurtoğlu E., Akgümüş A., Çar B., Eken Ö., Sârbu I., Ciongradi C. I., Alexe D. I., Candussi I. L.  
Frontiers in psychology, vol.14, pp.1189712, 2023 (SSCI)
- VII. **Investigation of Factors Affecting Shuttle Walking Performance at Increased Speed for Patients with Chronic Obstructive Pulmonary Disease**  
Çiftçi R., Kurtoğlu A., Eken Ö., Durmaz D., Eler S., Eler N., Aldhahi M.  
JOURNAL OF CLINICAL MEDICINE, vol.12, no.14, pp.1-12, 2023 (SCI-Expanded)
- VIII. **Athletic performance, sports experience, and exercise addiction: an association study on ANKK1 gene polymorphism rs1800497**  
Eken Ö.  
FRONTIERS IN PSYCHOLOGY, vol.14, pp.1-7, 2023 (SSCI)
- IX. **Acute effect of moderate and high-intensity interval exercises on asprosin and BDNF levels in inactive normal weight and obese individuals.**  
Ceylan H. İ., Öztürk M. E., Öztürk D., Silva A. F., Albayrak M., Saygin Ö., Eken Ö., Clemente F. M., Nobari H.  
Scientific reports, vol.13, no.1, pp.7040, 2023 (SCI-Expanded)
- X. **Association between 2D:4D ratios and sprinting, change of direction ability, aerobic fitness, and cumulative workloads in elite youth soccer players.**  
Nobari H., Eken Ö., Prieto-González P., Oliveira R., Brito J. P.  
BMC sports science, medicine & rehabilitation, vol.15, no.1, pp.45, 2023 (SCI-Expanded)
- XI. **Comparison of echocardiographic parameters of amputee football players with active football players and sedentary individuals.**  
Kurtoğlu A., Kurtoğlu E., Konar N., Çar B., Eken Ö., Prieto-González P., Nobari H.

- BMC sports science, medicine & rehabilitation, vol.15, no.1, pp.41, 2023 (SCI-Expanded)
- XII. **The Risk Factors Associated with Grip Lock Injuries in Artistic Gymnasts: A Systematic Review.**  
 Kara E., Sağıroğlu İ., Vurgun H., Eken Ö., Ceylan H. İ., Gabrys T., Barasinska M., Szmatalan-Gabrys U., Valach P.  
*International journal of environmental research and public health*, vol.20, no.4, 2023 (SCI-Expanded)
- XIII. **Relationships between training load, peak height velocity, muscle soreness and fatigue status in elite-level young soccer players: a competition season study.**  
 Nobari H., Eken Ö., Kamiş O., Oliveira R., González P. P., Aquino R.  
*BMC pediatrics*, vol.23, no.1, pp.55, 2023 (SCI-Expanded)
- XIV. **Effects of chronic core training on serum and erythrocyte oxidative stress parameters in amputee football players**  
 Kurtoglu A., Konar N., Akcinar F., Car B., Uremis N., Turkoz Y., Eken Ö., Ceylan H. I., Knappova V., Barasinska M., et al.  
*FRONTIERS IN PSYCHOLOGY*, vol.14, pp.1-9, 2023 (SSCI)
- XV. **Evaluation of the Association of VDR rs2228570 Polymorphism with Elite Track and Field Athletes' Competitive Performance**  
 Bulgay C., Bayraktar I., Kazan H. H., Yildirim D. S., Zorba E., Akman O., Ergun M. A., Cerit M., Ulucan K., Eken Ö., et al.  
*HEALTHCARE (BASEL)*, vol.11, no.5, pp.1-11, 2023 (SCI-Expanded)
- XVI. **Warm up with music and visual feedback can effect Wingate performance in futsal players.**  
 Bayrakdaroglu S., Eken Ö., Yagin F. H., Bayer R., Gulu M., Akyildiz Z., Nobari H.  
*BMC sports science, medicine & rehabilitation*, vol.14, no.1, pp.205, 2022 (SCI-Expanded)
- XVII. **Motoric performance variation from morning to evening: 80% intensity post-activation potentiation protocol impacts performance and its diurnal amplitude in basketball players.**  
 Eken Ö., Mainer-Pardos E., Yagin F. H., Eken I., Prieto-González P., Nobari H.  
*Frontiers in psychology*, vol.13, pp.1066026, 2022 (SSCI)
- XVIII. **Judo specific fitness test performance variation from morning to evening: specific warm-ups impacts performance and its diurnal amplitude in female judokas**  
 Eken Ö., Clemente F. M., Nobari H.  
*BMC SPORTS SCIENCE, MEDICINE AND REHABILITATION*, vol.14, pp.1-13, 2022 (SCI-Expanded)
- XIX. **Diurnal variation in Uchikomi fitness test performance: Influence of warm-up protocols.**  
 Eken Ö., Yagin F. H., Eken I., Gabrys T., Knappova V., Bayrakdaroglu S., Akyildiz Z., Nobari H.  
*Frontiers in psychology*, vol.13, pp.1059727, 2022 (SSCI)
- XX. **Exploring the Relationship between Biological Maturation Level, Muscle Strength, and Muscle Power in Adolescents**  
 Yapıcı H., Gulu M., Yagin F. H., Eken Ö., Gabrys T., Knappova V.  
*BIOLOGY*, vol.11, no.12, pp.1722, 2022 (SCI-Expanded)
- XXI. **A Thirty-Minute Nap Enhances Performance in Running-Based Anaerobic Sprint Tests during and after Ramadan Observance**  
 YAĞIN F. H., EKEN Ö., Bayer R., Salcman V., Gabrys T., KOÇ H., Yagin B., Eken I.  
*INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH*, vol.19, no.22, 2022 (SCI-Expanded)
- XXII. **Associations among Maturity, Accumulated Workload, Physiological, and Body Composition Factors in Youth Soccer Players: A Comparison between Playing Positions**  
 Nobari H., Eken Ö., Prieto-González P., Brito J. P., Oliveira R.  
*BIOLOGY*, vol.11, no.11, pp.1-18, 2022 (SCI-Expanded)
- XXIII. **Effects of low and high intensity interval training exercises on VO<sub>2</sub>max and components of neuromuscular and vascular system in male volunteers.**  
 EKEN Ö., KAFKAS M. E.  
*JOURNAL OF MUSCULOSKELETAL NEURONAL INTERACTIONS*, vol.22, no.3, pp.352-363, 2022 (SCI-Expanded)
- XXIV. **The effects of different stretching and warm-up exercise protocols on 50-meter swimming performance in sub-elite women swimmers**  
 ŞAHİN KAFKAS A., EKEN Ö., KURT C., KAFKAS M. E.  
*ISOKINETICS AND EXERCISE SCIENCE*, vol.27, no.4, pp.289-297, 2019 (SCI-Expanded)

## **Articles Published in Other Journals**

- I. **The effect of chronic leg press exercises on hamstring muscle length and different vertical jump performance**  
Kurhan S., KURTOĞLU A., Kurhan C. O., EKEN Ö., ÇAR B.  
PEDAGOGY OF PHYSICAL CULTURE AND SPORTS, vol.28, no.2, pp.102-109, 2024 (ESCI)
- II. **Effect of Music and Lemon Aroma on Anaerobic Power and Balance of Athletes After Exhausting Activity**  
Adanur O., Oncu M., Türkmen M., Eken Ö., Kurtoğlu A., Yermakhanov B., Setiawan E., Muracki J.  
International Journal of Sport Studies for Health, vol.6, no.2, 2024 (Peer-Reviewed Journal)
- III. **The Association of Gene Polymorphisms Linked to Caffeine Use with Athletic Performance**  
Yıldırım Tuncer S., Bulğay C., Ergün M. A., Eken Ö., Ceylan H. İ., Nobari H., Cerit M.  
GAZI MEDICAL JOURNAL, vol.34, no.4, pp.478-483, 2023 (ESCI)
- IV. **Effect of different specific warm-up protocols and time of day on optimum power performance in kickboxers**  
Bayer R., Nobari H., Eken Ö., Bayrakdaroglu S., Koç H., Pardos E. M., Yağın F. H.  
Turkish Journal of Kinesiology, vol.9, no.1, pp.41-51, 2023 (Peer-Reviewed Journal)
- V. **Massage Therapy May Help Pain and Endurance Performance in Modern Pentathlon Athletes with Plantar Fasciitis.**  
Bayer R., Yarali Bingöl D., Eken Ö., Yağın F. H., Bayrakdaroglu S., Bayer E.  
Akdeniz Spor Bilimleri Dergisi, vol.6, no.1, pp.52-63, 2023 (Peer-Reviewed Journal)
- VI. **Köpük Silindir Aracılığıyla Kendi Kendine Miyofasyal Gevşeme Tekniğinin Fitness Sporcuları Üzerindeki Etkilerinin İncelenmesi**  
İlbak İ., Eken Ö.  
Spor Bilimleri Araştırmaları Dergisi, vol.8, no.1, pp.17-28, 2023 (Peer-Reviewed Journal)
- VII. **The Effect of Different Massage Protocols on Running-Based Anaerobic Sprint Test Performance During and After Ramadan**  
Bayer R., Eken Ö., Yağın F. H., İlkim M.  
Journal of Education and Recreation Patterns (JERP), vol.3, no.2, pp.114-129, 2022 (Peer-Reviewed Journal)
- VIII. **The Acute Effect of High-Intensity Functional Exercises on Circadian Rhythm and Anaerobic Performance Parameters**  
EKEN Ö., BAYER R., BAYRAKDAROĞLU S.  
Gümüşhane Üniversitesi Sağlık Bilimleri Dergisi, vol.11, no.1, pp.279-286, 2022 (Peer-Reviewed Journal)
- IX. **The Effects of High Intensive Interval Training (HIIT) on Brain-Derived Neurotrophic Factor (BDNF) and Cardiovascular Health: A Review**  
BAYRAKDAROĞLU S., TOPSAKAL N., EKEN Ö.  
Gümüşhane Üniversitesi Sağlık Bilimleri Dergisi, vol.11, no.1, pp.346-354, 2022 (Peer-Reviewed Journal)
- X. **The Effect of Different Dynamic Stretching Exercise Durations on Different Agility Performances in Judokas**  
Eken Ö., Bayer R.  
Pakistan Journal of Medical & Health Sciences, vol.16, no.2, pp.487-490, 2022 (ESCI)
- XI. **Effects of Time-of-Day on Repeated Sprint Performance of Aromatherapy Massage Applied Young Futsal Players**  
Bayer R., Eken Ö.  
Pakistan Journal of Medical and Health Sciences, vol.16, no.2, pp.384-389, 2022 (ESCI)
- XII. **Acute effects of proprioceptive neuromuscular facilitation stretching, massage and combine protocols on flexibility, vertical jump and hand grip strength performance in kickboxers**  
EKEN Ö., BAYER R.  
Pedagogy of Physical Culture and Sports, vol.26, no.1, pp.4-12, 2022 (ESCI)
- XIII. **The Effects of Irisin Hormone and the FNDC5 Gene on Brain Functions and Exercise: A Systematic Review**

- Eken Ö.  
Pakistan Journal of Medical & Health Sciences, vol.16, no.2, pp.785-790, 2022 (ESCI)
- XIV. **The Effect of High Intensity Interval Training Performed At Different Times of Day on Some Performance Parameters**  
EKEN Ö., BAYER R.  
ROL Spor Bilimleri Dergisi, vol.3, no.3, pp.142-153, 2022 (Peer-Reviewed Journal)
- XV. **The Acute Effect of Different Specific Warm-up Phases on 1-Repetition Maximum Bench Press Results**  
Eken Ö.  
Pakistan Journal of Medical and Health Sciences, vol.16, no.1, pp.430-433, 2022 (ESCI)
- XVI. **Some anaerobic performance variations from morning to evening: massage affects performance and diurnal variation**  
Bayer R., Eken Ö.  
Revista on line de Política e Gestão Educacional, vol.25, no.3, pp.2459-2474, 2021 (ESCI)
- XVII. **The acute effect of different massage durations on squat jump, countermovement jump and flexibility performance in muay thai athletes**  
BAYER R., EKEN Ö.  
Physical education of students, vol.25, 2021 (ESCI)
- XVIII. **The acute effect of different specific warm-up intensity on one repeat maximum squat performance on basketball players**  
EKEN Ö.  
PEDAGOGY OF PHYSICAL CULTURE AND SPORTS, vol.25, no.5, pp.313-318, 2021 (ESCI)
- XIX. **Acute effects of different stretching and warm up protocols on some anaerobic motoric tests, flexibility and balance in junior male judokas**  
EKEN Ö., özkol m. z., Varol S. R.  
Pedagogy of Physical Culture and Sports, vol.24, no.4, pp.169-174, 2020 (ESCI)
- XX. **Acute effects of different stretching and warm up protocols on some anaerobic motoric tests, flexibility and balance**  
EKEN Ö., ÖZKOL M. Z., VAROL S.  
PEDAGOGY OF PHYSICAL CULTURE AND SPORTS, vol.24, no.4, pp.169-174, 2020 (ESCI)
- XXI. **Acute Effect of Different Stretching Protocols on Flexibility, Yoyo IR-1 and Repeated Sprint Ability Performance**  
ŞAHİN KAFKAS A., aydin y., EKEN Ö., ÇINARLI F. S., KAFKAS M. E.  
Turkish Journal of Sport and Exercise, vol.21, no.2, 2019 (Peer-Reviewed Journal)
- XXII. **Acute effect of different stretching exercise protocols on some anaerobic motoric tests**  
AYDIN Y., ŞAHİN KAFKAS A., ÇINARLI F. S., EKEN Ö., KURT C., KAFKAS M. E.  
Turk J Sports Med, vol.54, no.2, pp.99-107, 2019 (Peer-Reviewed Journal)
- XXIII. **Acute Effect of Different Stretching Protocols on Flexibility, Yoyo IR-1 and Repeated Sprint Ability Performance**  
ŞAHİN KAFKAS A., AYDIN Y., EKEN Ö., ÇINARLI F. S., KAFKAS M. E.  
Turkish Journal of Sport and Exercise, vol.21, no.2, pp.196-203, 2019 (Peer-Reviewed Journal)
- XXIV. **Farklı Germe Egzersizi Protokollerinin Bazı Anaerobik Motorik Testler Üzerine Akut Etkileri**  
ŞAHİN KAFKAS A., AYDIN Y., EKEN Ö., ÇINARLI F. S., KAFKAS M. E.  
Spor Hekimliği Dergisi, vol.54, no.2, pp.99-107, 2019 (Peer-Reviewed Journal)
- XXV. **Farklı Isınma Protokollerinin 1-Maksimum Tekrar Skuat Performansı Üzerine Akut Etkisi**  
KAFKAS M. E., ilbak i., EKEN Ö., ÇINARLI F. S., YILMAZ N., ŞAHİN KAFKAS A.  
Spor ve Performans Araştırmaları Dergisi, vol.9, no.3, pp.192-205, 2018 (Peer-Reviewed Journal)
- XXVI. **Egzersiz Alışkanlığı Süresi ile Diyabet Ve Kan Basıncı Arasındaki İlişkinin İncelenmesi**  
KAFKAS M. E., ÇINARLI F. S., YILMAZ N., EKEN Ö., kızılıy f., KAYAPINAR M., ŞAHİN KAFKAS A.  
İnönü Üniversitesi Beden Eğitimi ve Spor Bilimleri Dergisi, vol.4, no.3, pp.83-89, 2017 (Peer-Reviewed Journal)
- XXVII. **The Waist circumference in Turkish adults: 19 – 75 years age**

- KAFKAS M. E., ÇINARLI F. S., YILMAZ N., EKEN Ö., KIZILAY F., KAYAPINAR M., ŞAHİN KAFKAS A.  
 Journal of Athletic Performance and Nutrition, vol.4, no.2, pp.1-10, 2017 (Peer-Reviewed Journal)
- XXVIII. Relationship between sleep duration and body composition, body fat ratio and waist circumference**  
 KAFKAS M. E., ÇINARLI F. S., YILMAZ N., EKEN Ö., KIZILAY F., KAYAPINAR M., ŞAHİN KAFKAS A.  
 Journal of Sport and Social Sciences, vol.4, no.2, pp.1-8, 2017 (Peer-Reviewed Journal)
- XXIX. Acute Effect of Static Warm-up Duration on 50 Meter Freestyle and Breaststroke Performance**  
 EKEN Ö., ŞAHİN KAFKAS A., ÇINARLI F. S., KAFKAS M. E.  
 Journal of Athletic Performance and Nutrition, vol.3, no.2, pp.1-10, 2016 (Peer-Reviewed Journal)
- XXX. The Effect Of Somatotype Character Differences On Cognitive And Biomotor Abilities**  
 ÇINARLI F. S., ŞAHİN KAFKAS A., EKEN Ö., KAFKAS M. E.  
 journal of sport and social sciences, vol.3, no.2, pp.1-14, 2016 (Peer-Reviewed Journal)
- XXXI. Acute Effect Of Static Warm Up Duration On 50 Meter Freestyle And Breaststroke Performance**  
 ŞAHİN KAFKAS A., EKEN Ö., ÇINARLI F. S., KAFKAS M. E.  
 Journal of Athletic Performance and Nutrition, vol.3, no.2, pp.1-10, 2016 (Peer-Reviewed Journal)

## Books & Book Chapters

- I. **Özel Gereksinimli Bireylerde Fiziksel Uygunluk Ve Özel Antrenman Bilgisi**  
 İNCE G., EKERER C., ARSLAN E., YILMAZ A., NALBANT S., KURT C., SOYLU Ç., ÜN YILDIRIM N., AKSEN P., SANSİ A., et al.  
 Efe Akademi, 2023
- II. **Özel Gereksinimli Bireylerde Fiziksel Uygunluk Ve Özel Antrenman Bilgisi**  
 İnce G., Eken Ö., Yılmaz A., Nalbant S.  
 in: Özel Gereksinimli Bireylerde Fiziksel Uygunluk Ve Özel Antrenman Bilgisi, Yonca İnce,Cem Kurt, Editor, Efe Akademi, İstanbul, pp.281-356, 2023
- III. **Kardiyovasküler Egzersiz Stratejileri**  
 KAFKAS M. E., YILMAZ N., EKEN Ö.  
 in: Egzersiz Profesyonelleri için Temel Bilimler Kitabı, Kafkas M. E., Editor, Spor Yayınevi ve Kitabevi, Ankara, pp.203-231, 2022
- IV. **Post Aktivasyon Potansiyeli ve Judo**  
 EKEN Ö.  
 in: Spor Bilimlerinde Akademik Çalışmalar 3, MEHMET SÖYLER, AYDIN PEKEL, Editor, Serüven Yayınevi, İzmir, pp.19-32, 2022
- V. **Judocularda Farklı Isınma Protokollerinin, 30 M. Sürat, Esneklik, Dikey Sıçrama, Kuvvet, Denge ve Anaerobik Güç Performansları Üzerine Akut Etkisinin İncelenmesi**  
 EKEN Ö.  
 EFE AKADEMİ, İstanbul, 2021
- VI. **Judonun Toparlanma Açısından Değerlendirilmesi**  
 EKEN Ö.  
 in: Multisportif Araştırmalar 2: 7 Farklı Yaklaşım, Gündoğdu Cemal, Editor, Gazi Kitabevi, Ankara, pp.101-122, 2021
- VII. **Egzersiz Türlerine Göre Sıvı Tüketimi**  
 EKEN Ö.  
 in: Bilimsel Spor 3, Öğr. Grv. Dr. Orhan Ahmet Şener, Arş. Grv. Mehmet DURMAZ, Editor, Gece Kitaplığı, Ankara, pp.103-120, 2021
- VIII. **Interval Antrenmanın Tarihi, Mekanizması ve Judo Sporu Açısından Değerlendirilmesi**  
 EKEN Ö.  
 in: Spor Bilimleri Araştırmaları Farklı Yaklaşımlar ve Pratikler, Özgür EKEN, Editor, EFE AKADEMİ, İstanbul, pp.141-162, 2021
- IX. **Sporda Germe Egzersizlerinin Önemi**  
 EKEN Ö.

- in: Sporda Yeni Akademik Çalışmalar-5, İlkkı Mehmet, Beltekin Enes, Editor, Akademisyen Yayınevi, Ankara, pp.173-184, 2020
- X. **İsinma Egzersizlerinin Türleri, Önemi, Tarihi ve Mekanizması**  
EKEN Ö.  
in: Fonksiyonel Antrenman, Tekin Ali, Topsakal Nuri, Editor, Efe Akademi, İstanbul, pp.147-174, 2020
- XI. **Egzersizin İskelet Sistemi Açısından Önemi**  
EKEN Ö.  
in: Sporda Akademik Yaklaşımlar-2, Prof. Dr. Hakkı ULUCAN, Dr. Öğr. Üyesi İhsan KUYULU, Editor, Gece Publishing, Ankara, pp.65-82, 2020
- XII. **Sporda Germe Egzersizlerinin Önemi**  
EKEN Ö.  
in: Sporda Yeni Akademik Çalışmalar-5, İlkkı Mehmet, Beltekin Enes, Editor, Akademisyen Yayınevi, Ankara, pp.173-188, 2020
- XIII. **Judonun Sirkadiyen Ritim İle İlişkisi**  
EKEN Ö.  
in: Spor ve Sağlık Alanında Bilimsel Çalışmalar-1, İhsan Kuyulu, Yasin KARACA, Editor, Gece Kitaplığı, Ankara, pp.217-232, 2020
- XIV. **Sigara İçen Bayanların Bazı Performans Parametrelerinin İncelenmesi**  
EKEN Ö.  
İksad Publishing House, Ankara, 2019
- XV. **Sigara İçen Bayanların Bazı Performans Parametrelerinin İncelenmesi**  
EKEN Ö.  
İksad Yayınevi, Ankara, 2019
- XVI. **ÖABT Beden Eğitimi ve Öğretmenliği Hap Sorular**  
EKEN Ö.  
İksad Yayınevi, Ankara, 2019
- XVII. **Kardiyovasküler Egzersiz Stratejileri**  
KAFKAS M. E., EKEN Ö.  
in: Egzersiz Profesyonelleri Temel Bilimler Kitabı, Muhammed Emin KAFKAS, Editor, Ofset Yayınevi, Ankara, pp.140-171, 2019
- XVIII. **MİNİK JUDOCULARDA ISINMA VE GERME ÜZERİNE ÇALIŞMALAR**  
EKEN Ö.  
IKSAD INTERNATIONAL PUBLISHING HOUSE, 2018

### **Refereed Congress / Symposium Publications in Proceedings**

- I. **Spor Bilimlerinde Multi-Omik Teknolojiler**  
YAŞAR Ş., YAĞIN F. H., EKEN Ö.  
EGE 10th INTERNATIONAL CONFERENCE ON SOCIAL SCIENCES, İzmir, Turkey, 22 - 24 December 2023, vol.2
- II. **Integrating Artificial Intelligence in Nutrition Science: Advancements, Challenges, and Opportunities**  
YAĞIN F. H., EKEN Ö., YAŞAR Ş.  
EGE 10th INTERNATIONAL CONFERENCE ON APPLIED SCIENCES, İzmir, Turkey, 22 - 24 December 2023
- III. **Mitochondrial Biogenesis and its Enhancement Through HighIntensity Interval Exercise: A Comprehensive Review**  
EKEN Ö., YAŞAR Ş., YAĞIN F. H.  
EGE 10th INTERNATIONAL CONFERENCE ON APPLIED SCIENCES, İzmir, Turkey, 22 - 24 December 2023
- IV. **Genomic Influences on High-Intensity Interval Exercise Response: Implications for Personalized Fitness Programs**  
EKEN Ö., YAĞIN F. H., YAŞAR Ş.  
EGE 10th INTERNATIONAL CONFERENCE ON APPLIED SCIENCES, İzmir, Turkey, 22 - 24 December 2023

- V. **Genomics and Obesity: Unraveling the Genetic Basis of a Complex Epidemic**  
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**ŞAHİN KAFKAS A., EKEN Ö., KAFKAS M. E.**  
**14. Uluslararası Spor Bilimleri Kongresi, Antalya, Turkey, 1 - 04 November 2016**
- LIII. The acute effects of different warm up protocols on 50 meter swimming performance**  
**ŞAHİN KAFKAS A., EKEN Ö., KAFKAS M. E.**  
**14. International Sport Sciences Congress, 1 - 04 November 2016**
- LIV. Farklı Isınma Protokollerinin Maksimal Kalp Atım Sayısı Üzerine Akut Etkisi**  
**ŞAHİN KAFKAS A., EKEN Ö., KAFKAS M. E.**  
**International Conference of Strategic Research in Social Science and Education(ICoSReSSE), Antalya, Turkey, 14 - 16 October 2016**
- LV. Statik Germe Süresinin Ve Diurnal Varyasyonun 50 Metre Yüzme Performansı Üzerine Akut Etkisi**  
**ŞAHİN KAFKAS A., EKEN Ö., KAFKAS M. E.**  
**International Conference of Strategic Research in Social Science and Education (ICOSRESSE), Antalya, Turkey, 14 - 16 October 2016**
- LVI. Sub Elit Kadın Yüzücülere Uygulanan Su İçi ve Dışı Isınma Protokollerinin 50 metre Yüzme Performansı Üzerine Akut Etkisi**  
**ŞAHİN KAFKAS A., EKEN Ö., KAFKAS M. E.**  
**ERPA InternationalCongresses on Education, Sarajevo, Bosnia And Herzegovina, 2 - 04 June 2016, pp.167-171**
- LVII. Statik Isınma Süresinin Sub Elit Yüzücü Kadınların 50 metre Serbest ve Kırbağa Performansları Üzerine Akut Etkisi**  
**ŞAHİN KAFKAS A., EKEN Ö., KAFKAS M. E.**  
**ERPA International Congress of Education, Sarajevo, Bosnia And Herzegovina, 2 - 04 June 2016**
- LVIII. Sporcu ve sporcu olmayan bayan üniversite öğrencilerinin sosyal fizik kaygı düzeylerinin incelenmesi**  
**CEYLAN H. İ., BOZKURT E., EKEN Ö.**  
**Uluslararası Spor Bilimleri Kongresi (USBAK), 10 - 11 September 2015**
- LIX. Determination In Some Physical and Physiological Parameters of The Visually Impaired Judo National Team Sportmen**  
**KARAKOÇ Ö., CEYLAN H. İ., EKEN Ö.**  
**International Balkan Sport Sciences Congress(Ibssc 2015)Edirne - 3th - 6th MAY 2015, Edirne, Turkey, 3 - 06 May 2015, vol.201518, pp.23**

## Supported Projects

KAFKAS M. E., EKEN Ö., Project Supported by Higher Education Institutions, Farklı Egzersiz Modalitelerinin Beyin

Fonksiyonları Üzerine Etkisinin İncelenmesi, 2020 - 2021

KAFKAS M. E., ŞAHİN KAFKAS A., EKEN Ö., YILMAZ N., ÇINARLI F. S., SOYLU A. R., Project Supported by Higher Education Institutions, Farklı Direnç Egzersizlerinin Kas Aktivitesi Üzerine Etkisinin İncelenmesi, 2018 - 2020

EKEN Ö., Project Supported by Other Official Institutions, Yeşilyurt Belediyesi Fiziksel Aktivite ve Obezite Haritasının Belirlenmesi, 2016 - 2016

## Activities in Scientific Journals

HUMAN MOVEMENT, Committee Member, 2023 - Continues

International Educational Research, Evaluation Committee Member, 2021 - Continues

İNÖNÜ ÜNİVERSİTESİ SPOR BİLİMLERİ DERGİSİ, Evaluation Committee Member, 2017 - Continues

Evaluation Committee Member, 2017 - 2021

JOURNAL OF SPORT AND SOCIAL SCIENCES (JSSS), Evaluation Committee Member, 2017 - 2020

## Scientific Refereeing

APPLIED SCIENCES, Journal Indexed in SCI-E, October 2023

APPLIED SCIENCES, Journal Indexed in SCI-E, September 2023

HUMAN MOVEMENT, Journal Indexed in ESCI, September 2023

HUMAN MOVEMENT, Journal Indexed in ESCI, September 2023

APPLIED SCIENCES, Journal Indexed in SCI-E, May 2023

INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH, Journal Indexed in SCI-E, March 2023

INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH, Journal Indexed in SCI-E, February 2023

INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH, Journal Indexed in SCI-E, February 2023

INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH, Journal Indexed in SCI-E, January 2023

APPLIED SCIENCES, Journal Indexed in SCI-E, January 2023

FRONTIERS IN SPORTS AND ACTIVE LIVING, Journal Indexed in ESCI, December 2022

FRONTIERS IN PSYCHOLOGY, SCI Journal, December 2022

INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH, SCI Journal, December 2022

NUTRIENTS, SCI Journal, December 2022

SPORTS, Journal Indexed in ESCI, November 2022

International Journal of Sport Exercise and Training Sciences , Other Indexed Journal, April 2022

PEERJ, Journal Indexed in SCI-E, April 2022

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## Congress and Symposium Activities

Karadeniz 14th International Conference on Social Sciences, Attendee, Batumi, Georgia, 2023

Karadeniz 14th International Conference on Applied Sciences, Attendee, Batumi, Georgia, 2023

Cumhuriyet 9th International Conference on Applied Sciences , Attendee, Afyonkarahisar, Turkey, 2023  
World Congress on Science and Football, Attendee, Groningen, Netherlands, 2023  
Latin America 4th International Conference On Scientific Researches, Attendee, Mexico City, Mexico, 2022  
10th International Conference on Applied Sciences, Attendee, Diyarbakır, Turkey, 2022

## Awards

EKEN Ö., Hizmet Ödül Belgesi, TÜRKİYE JUDO FEDERASYONU, November 2018  
EKEN Ö., Hizmet Ödül Belgesi, GSİM, November 2017

## Refereeing Duties

Seniors (Men-Women) European Cup-National Team Matches, 2023  
Spor Toto Ümitler Turkey Championship-Organized Competitions, 2023  
Senior (Men-Women) Balkan Championship-National Team Matches, 2023  
Junior (Men-Women) European Cup-National Team Matches, 2023  
Spor Toto Ümitler Mix 1. Lig 2. Etap ve Final Müsabakaları-Professional Club Matches, 2023  
2023 Yılı Spor Toto Ümitler Mix 1. Lig Müsabakaları-Professional Club Matches, 2023  
ANADOLU YILDIZLAR LİĞİ JUDO GRUP BİRİNCİLİĞİ -Organized Competitions, 2022  
ÜMİTLER TÜRKİYE JUDO ŞAMPİYONASI-Organized Competitions, 2022  
2019-2020 EĞİTİM ÖĞRETİM YILI OKUL SPORLARI JUDO GENÇLER (ERKEK-KIZ) GRUP YARIŞMALARI -Organized Competitions, 2022  
Küçükler (Kız-Erkek) Grup Birinciliği müsabakaları-Organized Competitions, 2022  
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SPOR TOTO 2020 ÜMİTLER TÜRKİYE ŞAMPİYONASI-Organized Competitions, 2022  
Anadolu Yıldızlar Ligi Yarı Final Judo Müsabakaları-Organized Competitions, 2022  
OKUL SPORLARI YILDIZLAR JUDO GRUP BİRİNCİLİĞİ-Organized Competitions, 2022  
2019 - 2020 ANALİG YILDIZLAR JUDO YARI FINAL MÜSABAĞALARI-Organized Competitions, 2020  
2019-2020 EĞİTİM-ÖĞRETİM YILI OKUL SPORLARI JUDO YILDIZLAR (KIZ-ERKEK) GRUP BİRİNCİLİĞİ-Organized Competitions, 2020  
ÜMİTLER AVRUPA KUPASI-Organized Competitions, 2020  
ÜMİTLER AVRUPA KUPASI (26. NAZIM CANCA) -Organized Competitions, 2019  
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2018-2019 ÖĞRETİM YILI OKUL SPORLARI JUDO GENÇLER (KIZ-ERKEK) GRUP MÜSABAĞALARI -Organized Competitions, 2019  
OKUL SPORLARI LİSELİ (KADIN-ERKEK) GENÇLER TÜRKİYE JUDO ŞAMPİYONASI-Organized Competitions, 2019  
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