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Education Information

Doctorate, Erciyes University, Sağlık Bilimleri Enstitüsü, Beden Eğitimi Spor Anabilim Dalı, Turkey 2010 - 2014

Post Graduate, Inonu University, Sağlık Bilimleri Enstitüsü, Beden Eğitimi Spor Anabilim Dalı, Turkey 2008 - 2010

Under Graduate, Trakya University, Beden Eğitimi Spor Yüksekokulu, Beden Eğitimi Spor , Turkey 1997 - 2001

Foreign Languages

English, B1 Intermediate

Dissertations

Doctorate, Erciyes Üniversitesi, Sağlık Bilimleri Enstitüsü Beden Eğitimi Spor Anabilim Dalı İzokinetik Egzersiz Programlarının Sporcuların Üst ve Alt Ekstremitte Kas Gurupları Üzerine Etkisi, Erciyes University, Sağlık Bilimleri Enstitüsü, Beden Eğitimi Spor Anabilim Dalı, 2014

Post Graduate, İnönü Üniversitesi, Sağlık Bilimleri Enstitüsü Beden Eğitimi Spor Anabilim Dalı Beden Eğitimi ve Spor Yüksekokulu Özel Yetenek Sınavına Giren Adayların Kaygı Düzeyleri İle Özel Yetenek Sınav Performansları Arasındaki İlişkinin İncelenmesi, Inonu University, Sağlık Bilimleri Enstitüsü, Beden Eğitimi Spor Anabilim Dalı, 2010

Research Areas

Social Sciences and Humanities, Education, Physical Education and Sports

Academic Titles / Tasks

Assistant Professor, Inonu University, Spor Bilimleri Fakültesi, Antrenörlük Eğitimi, 2018 - Continues

Assistant Professor, Inonu University, Spor Bilimleri Fakültesi, Antrenörlük Eğitimi, 2014 - 2018

Advising Theses

ŞAHİN KAFKAS A., FARKLI DİNLENME ARALIKLI YÜKSEK YOĞUNLUKLU ANTRENMANLARIN HORMONAL VE FİZYOLOJİK YANIT ÜZERİNE ETKİSİ, Post Graduate, O.ADANUR(Student), 2018

ŞAHİN KAFKAS A., FARKLI TOPARLANMA TÜRLERİNİN KAS HASARI VE SİTOKİN SALINIMI ÜZERİNE ETKİSİ, Post Graduate, F.BEYZA(Student), 2018

ŞAHİN KAFKAS A., Farklı Isınma Protokollerinin Bazı Aerobik ve Anaerobik Motorik Testler Üzerine Etkisi, Post Graduate, Y.AYDIN(Student), 2017

Articles Published in Journals That Entered SCI, SSCI and AHCI Indexes

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- II. **ANALYSIS OF THE INFLUENCE OF SOMATOTYPE DIFFERENCE ON MOTORIC PARAMETERS SUCH AS VERTICAL JUMP, SIT AND REACH FLEXIBILITY AND 30 M SPRINT**
ŞENOL D., ÖZBAĞ D., KAFKAS M. E. , AÇAK M., ŞAHİN KAFKAS A., TAŞKIRAN C.
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- IV. **The clinical effects of somatotype difference on isokinetic knee muscle strength and dynamic balance scores,**
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KAFKAS M. E. , ŞAHİN KAFKAS A., BAY KARABULUT A., SAVAŞ S., HAZAR M.
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- I. **Acute effect of different stretching exercise protocols on some anaerobic motoric tests**
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- II. **Acute Effect of Different Stretching Protocols on Flexibility, Yoyo IR-1 and Repeated Sprint Ability Performance**
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- Journal of Sport and Performance Researches, vol.9, pp.192-205, 2018 (National Refereed University Journal)
- IV. **The longitudinal development of endurance, sprint, agility, strength and jumping performance within college volleyball players**
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- V. **FARKLI ISINMA PROTOKOLLERİNİN 1-MAKSİMUM TEKRAR SKUAT PERFORMANSI ÜZERİNE AKUT ETKİSİ**
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- VIII. **EGZERSİZ ALIŞKANLIĞI SÜRESİ İLE DİYABET VE KAN BASINCI ARASINDAKİ İLİŞKİNİN İNCELENMESİ**
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- IX. **Egzersiz Alışkanlığı Süresi İle Diyabet Ve Kan Basıncı Arasındaki İlişkinin İncelenmesi**
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- XIII. **THE RELATIONSHIP BETWEEN SLEEP DURATION AND BODY COMPOSITION OF CHILDREN AND ADOLESCENTS IN TURKEY**
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- XV. **THE EFFECT OF SOMATOTYPE COMPONENT DIFFERENCES ON BIOMOTOR AND COGNITIVE ABILITIES**
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- XVI. **The Effect of Somatotype Component Differences on Biomotor and Cognitive Abilities**
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- XVIII. **Effect of different passing training methods on forearm and reception passing techniques in males**

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XX. THE EFFECTS OF DIFFERENT EXERCISE PROGRAMS ON KNEE MUSCLE STRENGTH AND H Q RATIOS OF SEDENTARY MALES AND FEMALES

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XXI. Beden eğitimi ve spor yüksekokulu özel yetenek sınavına giren adayların kaygı düzeyleri ile özel yetenek sınav performansları arasındaki ilişkinin incelenmesi

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XXII. The Effect of Apricot Kernel Grease Massage and Exhaustive Acute Exercises Upon The Oxidant and Antioxidant Activities of Obese Women.

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Niğde University Journal of Physical Education and Sport Sciences, vol.6, pp.34-41, 2012 (Other Refereed National Journals)

XXIV. An Analysis of Job Satisfaction and Life Quality of Physical Education Teachers

KAFKAS M. E. , ŞAHİN KAFKAS A., KARADEMİR T., KOÇ H.

Pakistan Journal of Social Sciences, vol.8, pp.284-288, 2011 (Refereed Journals of Other Institutions)

Books & Book Chapters

I. egzersiz katılımı ve risk görüntüleme yöntemleri

ÇINARLI F. S. , ŞAHİN KAFKAS A., KAFKAS M. E.

in: egzersiz profesyonelleri temel bilimleri kitabı, KAFKAS E., Editor, Spor Yayınevi Ve Kitabevi, Ankara, pp.1, 2019

Refereed Congress / Symposium Publications in Proceedings

I. The Effect of Different Resting Ranges Given During High Intensity Interval Training on Muscle Damage and Some Hormone Parameters

ŞAHİN KAFKAS A., Adanur O., KAFKAS M. E.

16th International Sport Sciences Congress, Antalya, Turkey, 31 October - 03 November 2018, vol.11, pp.345-357

II. The Effect of Active Recovery After Muscle Exercises on Muscle Damage

Bilgiç F. B. , ŞAHİN KAFKAS A., KAFKAS M. E.

International Conference of Medical Fitness and Corrective Exercise, İstanbul, Turkey, 28 - 30 September 2018, vol.1, pp.78-84

III. The Effect of Compression on Muscle Damage

Bilgiç F. B. , ŞAHİN KAFKAS A., KAFKAS M. E.

International Conference of Medical Fitness and Corrective Exercise, İstanbul, Turkey, 28 - 30 September 2018, vol.1, pp.123-131

IV. Diurnal Varyasyonun Motorik Performansa Etkisi

ŞAHİN KAFKAS A., EKEN Ö., KAFKAS M. E.

DÜNYA SPOR BİLİMLERİ ARAŞTIRMALARI KONGRESİ - WCSSR, Manisa, Turkey, 23 - 26 November 2017, pp.448-449

- V. **Effect of Aquatic Exercises on Unilateral and Bilateral Muscle Imbalances**
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14th International Sport Sciences Congress, Antalya, Turkey, 1 - 04 November 2017, vol.1, no.1, pp.111
- VI. **Bel Çevresi Kalınlığı: Yaş Faktörü**
KAFKAS M. E. , ÇINARLI F. S. , YILMAZ N., EKEN Ö., KIZILAY F., KAYAPINAR M., ŞAHİN KAFKAS A.
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- VII. **Relationship Between Sleeping Time And Body Composition**
KAFKAS M. E. , ŞAHİN KAFKAS A., EKEN Ö., ÇINARLI F. S. , YILMAZ N., KIZILAY F., KAYAPINAR M.
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- VIII. **Egzersiz Alışkanlığı Süresi ile Diyabet ve Kan Basıncı Arasındaki İlişkinin İncelenmesi**
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- IX. **Waist Thickness: Age Factor**
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- XX. **Relationship Between Sleeping Time And Body Composition**
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- XXI. **Relationship Between Linear Running Performance And Change Of Direction Performance Of Male Soccer Players**
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- XXVII. **A study of morphometric characteristics of Achilles tendon by using ultrasound imaging over 18 years old healthy population**
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Citations

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