

Prof. MUHAMMED EMİN KAFKAS

Personal Information

Office Phone: [+90 422 341 4661](tel:+904223414661) Extension: 114

Email: mkafkas@inonu.edu.tr

Web: <https://cms.inonu.edu.tr/tr/cms/mehmet.kafkas>

Address: İnönü Üniversitesi, Beden Eğitimi Spor Yüksekokulu, Antrenörlük Eğitimi Bölümü, Battalgazi/Malatya

International Researcher IDs

ORCID: 0000-0002-3962-6428

Yoksis Researcher ID: 52319

Education Information

Doctorate, Firat University, Institute Of Health Sciences, Beden Eğitimi Ve Spor, Turkey 2008 - 2011

Postgraduate, Inonu University, Sosyal Bilimler Enstitüsü, Beden Eğitimi Ve Spor, Turkey 2006 - 2008

Undergraduate, Inonu University, Eğitim Fakültesi, Beden Eğitimi Ve Spor, Turkey 2000 - 2006

Foreign Languages

English, B2 Upper Intermediate

Certificates, Courses and Trainings

Health&Medicine, Kinesiyolojik EMG Eğitimi, Hacettepe Üniversitesi, 2016

Dissertations

Doctorate, Yapay ve Doğal Çim Saha Farklılıklarının Oksidatif Stres ile İlişkisinin Araştırılması, Inonu University, Sağlık Bilimleri Enstitüsü, Beden Eğitimi ve Spor, 2011

Postgraduate, Yıldız Erkek Milli ve Amatör Badmintoncuların Bazı Fiziksel, Fizyolojik ve Antropometrik Parametrelerinin Karşılaştırılması, Inonu University, Sosyal Bilimler Enstitüsü, Beden Eğitimi Ve Spor, 2008

Research Areas

Medicine, Health Sciences, Fundamental Medical Sciences, Human Physiology, Sport Physiology, Social Sciences and Humanities, Education, Sports Sciences and Technology

Academic Titles / Tasks

Associate Professor, Inonu University, Spor Bilimleri Fakültesi, Antrenörlük Eğitimi Bölümü, 2015 - Continues

Assistant Professor, Inonu University, Spor Bilimleri Fakültesi, Antrenörlük Eğitimi Bölümü, 2011 - 2015

Instructor, Inonu University, Spor Bilimleri Fakültesi, Antrenörlük Eğitimi Bölümü, 2009 - 2011

Academic and Administrative Experience

Inonu University, Spor Bilimleri Fakültesi, Antrenörlük Eğitimi Bölümü, 2015 - 2017
Inonu University, Spor Bilimleri Fakültesi, Antrenörlük Eğitimi Bölümü, 2015 - 2017
Inonu University, Spor Bilimleri Fakültesi, Antrenörlük Eğitimi Bölümü, 2013 - 2014

Courses

Sporda Beslenme, Undergraduate, 2013-2014
Mesleki İngilizce, Undergraduate, 2013-2014
Performans Sporlarında Beslenme İlkeleri, Undergraduate Double Major, 2013-2014
Badminton, Undergraduate, 2013-2014
Voleybol, Undergraduate, 2013-2014
Sporda Performans Ölçümü ve Değerlendirilmesi, Undergraduate, 2013-2014
Biyokimya ve Egzersiz Biyokimyası, Undergraduate, 2013-2014
Sağlığın korunması ve geliştirilmesi amaçlı egzersiz uygulamaları, Undergraduate Minor, 2013-2014
Proje Geliştirme ve Araştırma Teknikleri, Undergraduate Minor, 2013-2014
Egzersiz ve Beslenme, Undergraduate, 2013-2014
Badminton, Undergraduate, 2012-2013
Mesleki İngilizce, Undergraduate, 2012-2013
Biyokimya ve Egzersiz Biyokimyası, Undergraduate, 2012-2013
Sporda Performans Ölçümü ve Değerlendirilmesi, Undergraduate, 2012-2013
Egzersiz ve Beslenme, Undergraduate, 2012-2013
Sporda Beslenme, Undergraduate, 2012-2013
Voleybol, Undergraduate, 2012-2013
Voleybol, Undergraduate, 2011-2012
Badminton, Undergraduate, 2011-2012
Biyokimya ve Egzersiz Biyokimyası, Undergraduate, 2011-2012
Voleybol, Undergraduate, 2010-2011
Badminton, Undergraduate, 2010-2011

Advising Theses

KAFKAS M. E., Somatotip özellikler açısından bazı motorik parametrelerin incelenmesi, Postgraduate, F.SAFA(Student), 2016
KAFKAS M. E., 8-10 yaş çocuklarda doğum ağırlığının bazı fiziksel uygunluk parametreleri üzerine etkisi, Postgraduate, G.ÖZEN(Student), 2014

Published journal articles indexed by SCI, SSCI, and AHCI

- I. **Effects of low and high intensity interval training exercises on VO₂max 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)
- II. **The effect of active vs passive recovery and use of compression garments following a single bout of muscle-damaging exercise**
Sahin F. B., ŞAHİN KAFKAS A., KAFKAS M. E., TAŞKAPAN M. Ç., Jones A. M.
ISOKINETICS AND EXERCISE SCIENCE, vol.30, no.2, pp.117-126, 2022 (SCI-Expanded)

- III. **The Effect of Intense Physical Exercise on The Levels of Selected Pro-inflammatory Cytokines and Parameters of Iron Metabolism During Two Different Periods of The Training Cycle**
Skarpanska-Stejnborn A., Basta P., Trzeciak J., KAFKAS M. E., Latour E., Cieslicka M.
SCIENCE & SPORTS, vol.34, no.3, pp.167-174, 2019 (SCI-Expanded)
- IV. **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)
- V. **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.
MEDICINA DELLO SPORT, vol.71, no.4, 2018 (SCI-Expanded)
- VI. **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., Baysal O., ŞAHİN KAFKAS A., TAŞKIRAN C., Cay M., Yagar D., Ozen G., et al.
MEDICINA DELLO SPORT, vol.71, no.3, pp.345-357, 2018 (SCI-Expanded)
- VII. **The clinical effects of somatotype difference on isokinetic knee muscle strength and dynamic balance scores,**
ŞENOL D., ÖZBAĞ D., KAFKAS M. E., AÇAK M., ŞAHİN KAFKAS A., TAŞKIRAN C.
TÜRKİYE FİZİKSEL TIP VE REHABILITASYON DERGİSİ-TURKISH JOURNAL OF PHYSICAL MEDICINE AND REHABILITATION, vol.64, no.1, pp.28-36, 2018 (SCI-Expanded)
- VIII. **The clinical effects of somatotype difference on isokinetic knee muscle strength and dynamic balance scores**
ŞENOL D., ÖZBAĞ D., KAFKAS M. E., AÇAK M., Baysal O., ŞAHİN KAFKAS A., TAŞKIRAN C., Cay M., Yagar D., Ozen G.
TURKISH JOURNAL OF PHYSICAL MEDICINE AND REHABILITATION, vol.64, no.1, pp.28-36, 2018 (SCI-Expanded)
- IX. **Influence of traditional and cluster set plyometric warm-ups on reactive strength index and leg stiffness in male rugby players**
KURT C., KAFKAS M. E., Kurtdere I., Selalmaz O.
ISOKINETICS AND EXERCISE SCIENCE, vol.26, no.3, pp.237-244, 2018 (SCI-Expanded)
- X. **Effects of cranberry (Vaccinium macrocarpon) supplementation on iron status and inflammatory markers in rowers**
SKARPANSKA-STEJNBORN A., BASTA P., TRZECIAK J., MICHALSKA A., KAFKAS M. E., WOITAS-SLUBOWSKA D.
JOURNAL OF THE INTERNATIONAL SOCIETY OF SPORTS NUTRITION, vol.14, 2017 (SCI-Expanded)
- XI. **Acute physiological changes in elite free-style wrestlers during a one-day tournament**
KAFKAS M. E., TAŞKIRAN C., Kafkas A. S., OZEN G., Taskapan C., OZYALIN F., SKARPANSKA-STEJNBORN A.
JOURNAL OF SPORTS MEDICINE AND PHYSICAL FITNESS, vol.56, no.10, pp.1113-1119, 2016 (SCI-Expanded)
- XII. **Olimpiyat Oyunları Etki Ölçeği'nin (OOEÖ-Uzun Versiyon) Geçerlilik ve Güvenilirlik Çalışması**
KAFKAS M. E., BİNBAŞIOĞLU H.
Anatolia: Turizm Araştırmaları Dergisi:Anatolia: Turizm Araştırmaları Dergisi, vol.26, no.2, pp.279-289, 2015 (SCI-Expanded)
- XIII. **Effects of a tennis tournament on players' hand grip strength, pressure pain threshold and visual analogue scale**
Kafkas A. S., KAFKAS M. E., DURMUS B., AÇAK M.
MEDICINA DELLO SPORT, vol.67, no.4, pp.569-579, 2014 (SCI-Expanded)
- XIV. **Influence of Training Frequency on Serum Concentrations of Some Essential Trace Elements and Electrolytes in Male Swimmers**
DÖKER S., HAZAR M., Uslu M., OKAN İ., KAFKAS M. E., BOŞGELMEZ İ. İ.
BIOLOGICAL TRACE ELEMENT RESEARCH, vol.158, no.1, pp.15-21, 2014 (SCI-Expanded)
- XV. **The effect of strength exercises at different angular velocities on muscular LDH and CK**
Kafkas M. E.

ISOKINETICS AND EXERCISE SCIENCE, vol.22, no.1, pp.63-68, 2014 (SCI-Expanded)

- XVI. **The Effect of Aerobic and Anaerobic Swimming Exercises on MDA, SOD and GSH Levels of Elite Swimmers**
KAFKAS M. E., ŞAHİN KAFKAS A., BAY KARABULUT A., SAVAŞ S., HAZAR M.
HEALTHMED, vol.7, no.8, pp.2459-2465, 2013 (SCI-Expanded)
- XVII. **The Effect of Different Fields on Oxidant and Antioxidant situations.**
KAFKAS M. E., BİÇER Y., ŞAHİN KAFKAS A., SAVAŞ S.
HEALTHMED, vol.7, no.7, pp.2186-2190, 2013 (SCI-Expanded)
- XVIII. **The Analysis of Serum Creatin Kinase (CK) and Lactate Dehydrogenase (LDH) Concentration of Elite Handball Players During A Tournament.**
KOÇ H., KAFKAS M. E., ÇEBİ M., EROL A. E.
HEALTHMED, vol.7, no.12, pp.3188-3192, 2013 (SCI-Expanded)
- XIX. **The Compare of Effect of Exhaustive Exercise on MDA, ADA, GSH and SOD Activity in Women**
KAFKAS M. E., ŞAHİN KAFKAS A., SAVAŞ S., KARABULUT A. B.
HEALTHMED, vol.7, no.4, pp.1323-1328, 2013 (SCI-Expanded)

Articles Published in Other Journals

- I. **EFFECT OF ELBOW ANGLE ON TRICEPS BRACHII AND PECTORALIS MAJOR MUSCLE ACTIVITY DURING PARALLEL BAR DIP**
ÇINARLI F. S., KAFKAS M. E., SOYLU A. R., YILMAZ N.
KINESIOLOGIA SLOVENICA, vol.27, no.3, pp.57-69, 2021 (ESCI)
- II. **GÜVENLİ HAREKET STRATEJİSİ: ANTİ-HAREKET FELSEFESİ (GELENEKSEL DERLEME)**
ÇINARLI F. S., KAFKAS M. E.
Spor ve Performans Araştırmaları Dergisi, vol.12, pp.319-330, 2021 (Peer-Reviewed Journal)
- III. **Acute Effect of Different Stretching Protocols on Flexibility, Yoyo IR-1 and Repeated Sprint Ability Performance**
ŞAHİN KAFKAS A., aydın y., EKEN Ö., ÇINARLI F. S., KAFKAS M. E.
Turkish Journal of Sport and Exercise, vol.21, no.2, 2019 (Peer-Reviewed Journal)
- IV. **The Examination of Relation Between Performance Scores and Estimated Percentage of Fast Twitch Muscle Fibers for the Vastus Lateralis.**
ÇINARLI F. S., KAFKAS M. E.
The Examination of Relation Between Performance Scores and Estimated Percentage of Fast Twitch Muscle Fibers for the Vastus Lateralis., vol.11, no.2, pp.82-89, 2019 (Peer-Reviewed Journal)
- V. **Hypertrophy: The Rationalize Cellular Mechanism**
KAFKAS M. E., KURT C.
Turkiye Klinikleri Journal of Sport Sciences, vol.11, no.1, pp.41-54, 2019 (Peer-Reviewed Journal)
- VI. **The Influence of Birth Weight on Physical Fitness in Children Between 8 to 10 Years**
ÖZEN G., KAFKAS M. E., AKALAN C.
Turkish Journal of Sports Medicine, vol.54, no.1, pp.9-16, 2019 (Peer-Reviewed Journal)
- VII. **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)
- VIII. **Resistance Training: Nutrient Timing in Terms of Protein Consumption**
ŞAHİN KAFKAS A., KAFKAS M. E.
Journal of Athletic Performance and Nutrition, 2019 (Peer-Reviewed Journal)
- IX. **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)

- X. **The Examination of Relationship Between Performance Scores and Estimated Percentage of Fast Twitch Muscle Fibers for the Vastus Lateralis**
ÇINARLI F. S., KAFKAS M. E.
Turkiye Klinikleri Journal of Sports Sciences, vol.11, no.2, pp.82-89, 2019 (Peer-Reviewed Journal)
- XI. **The effect of somatotype characters on selected physical performance parameters**
Cinarli F. S., Kafkas M. E.
PHYSICAL EDUCATION OF STUDENTS, vol.23, no.6, pp.279-287, 2019 (ESCI)
- XII. **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)
- XIII. **Hypertrophy: The Rationalize Cellular Mechanisms**
KAFKAS M. E., KURT C.
Turkiye Klinikleri Journal of Sports Sciences, vol.11, no.1, pp.41-54, 2019 (Peer-Reviewed Journal)
- XIV. **Acute Effect Different Warm up Protocols on 1-Repetition Maximum Squat Performance**
KAFKAS M. E., İlbak İ., EKEN Ö., ÇINARLI F. S., YILMAZ N., ŞAHİN KAFKAS A.
Journal of Sport and Performance Researches, vol.9, no.3, pp.192-205, 2018 (Peer-Reviewed Journal)
- XV. **The longitudinal development of endurance, sprint, agility, strength and jumping performance within college volleyball players**
ŞAHİN KAFKAS A., ÇINARLI F. S., KAFKAS M. E.
Journal of Athletic Performance and Nutrition, vol.5, no.2, pp.1-16, 2018 (Peer-Reviewed Journal)
- XVI. **Farklı Isınma Protokollerinin 1-Maksimum Tekrar Skuat Performansı Üzerine Akut Etkisi**
KAFKAS M. E., İlbak İ., 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)
- XVII. **Ultrasound Characteristics of Patellar Tendon and Femoral Condylar Cartilage Thickness in Football and Basketball Players**
KAFKAS M. E., KIZILAY E., ŞAHİN KAFKAS A., KIZILAY F., DURMUŞ B., PULUR A.
Journal of Athletic Performance and Nutrition, vol.5, no.1, pp.1-13, 2018 (Peer-Reviewed Journal)
- XVIII. **The protective role of kinesio taping on lateral epicondyle pain and handgrip strength performance during the tennis tournament of college players**
KAFKAS M. E., ŞAHİN KAFKAS A., ÇINARLI F. S.
Journal of Athletic Performance and Nutrition, vol.5, no.1, pp.32-43, 2018 (Peer-Reviewed Journal)
- XIX. **Using Myofascial Release via Foam Roller Exercises as a Regeneration Tool**
KAFKAS M. E., KURT C.
Inonu University, Journal of Physical Education and Sport Sciences, vol.5, no.2, pp.25-38, 2018 (Peer-Reviewed Journal)
- XX. **Relationship between Linear Running and Change of Direction Performances of Male Soccer Players**
ÇINARLI F. S., ŞAHİN KAFKAS A., KAFKAS M. E.
Turkish Journal of Sport and Exercise, vol.20, no.2, pp.93-99, 2018 (Peer-Reviewed Journal)
- XXI. **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)
- XXII. **Egzersiz Alışkanlığı Süresi İle Diyabet Ve Kan Basıncı Arasındaki İlişkinin İncelenmesi**
KAFKAS M. E., ÇINARLI F. S., YILMAZ N., EKEN Ö., KIZILAY 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)
- XXIII. **TÜRKİYE MASA TENİSİ GENÇ MİLLİ TAKIM ADAY SPORCULARININ VÜCUT KOMPOZİSYONU VE BİYOMOTOR PERFORMANS PARAMETRELERİNİN İNCELENMESİ**
ÇINARLI F. S., KAFKAS M. E., BASTIK C., ÇİMEN O.
İnönü Üniversitesi, Beden Eğitimi ve Spor Bilimleri Dergisi, vol.4, no.3, pp.22-39, 2017 (Peer-Reviewed Journal)
- XXIV. **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)

- XXV. **The Relationship Between Sleep Duration and Body Composition of Children and Adolescents in Turkey**
Kafkas M. E., Çınarlı F. S., Yılmaz N., Eken Ö., Kızılay F., Kayapınar M., Şahin Kafkas A.
Journal of Sport and Social Sciences, vol.4, no.2, pp.1-8, 2017 (Peer-Reviewed Journal)
- XXVI. **ANABOLİK ETKİYE SAHİP BESİN TAKVİYELERİ: POTANSİYEL MEKANİZMALAR VE KAS GELİŞİMİ**
KAFKAS M. E., DEMİRTAŞ E., ŞAHİN KAFKAS A.
İnönü Üniversitesi Beden Eğitimi ve Spor Bilimleri Dergisi, vol.4, no.2, pp.48-56, 2017 (Peer-Reviewed Journal)
- XXVII. **Anabolik Etkiye Sahip Besin Takviyeleri: Potansiyel Mekanizmalar Ve Kas Gelişimi**
KAFKAS M. E., DEMİRTAŞ E., ŞAHİN KAFKAS A.
İnönü Üniversitesi Beden Eğitimi ve Spor Bilimleri Dergisi, vol.4, no.2, pp.38-56, 2017 (Peer-Reviewed Journal)
- XXVIII. **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)
- XXIX. **Urban and Rural Adolecance Behavioral regulation in exercise according to body weight status**
Özen G., KAFKAS M. E., AKALAN C.
Pamukkale Journal of Sport Sciences, vol.8, no.3, pp.78-88, 2017 (Peer-Reviewed Journal)
- XXX. **URBAN AND RURAL ADOLESCENTS' BEHAVIORAL REGULATION INEXERCISE ACCORDING TO BODY WEIGHT STATUS**
ÖZEN G., KAFKAS M. E., AKALAN C.
Pamukkale Journal of Sport Sciences, vol.8, no.3, pp.78-88, 2017 (Peer-Reviewed Journal)
- XXXI. **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)
- XXXII. **The Effect of Somatotype Component Differences on Biomotor and Cognitive Abilities**
ŞAHİN KAFKAS A., EKEN Ö., ÇINARLI F. S., KAFKAS M. E.
Journal of Sport and Social Sciences, vol.3, no.2, pp.1-11, 2016 (Peer-Reviewed Journal)
- XXXIII. **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)
- XXXIV. **Effect of different passing training methods on forearm and reception passing techniques in males volleyball players**
KAFKAS M. E., ŞAHİN KAFKAS A., RUZICKA I.
Journal of Psychology Research, vol.6, no.9, pp.535-541, 2016 (Peer-Reviewed Journal)
- XXXV. **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)
- XXXVI. **Olimpiyat Oyunları Etki Ölçeği nin OOEÖ Uzun Versiyon Geçerlilik veGüvenilirlik Çalışması**
KAFKAS M. E., BİNBAŞIOĞLU h.
Anatolia: Turizm Araştırmaları Dergisi, vol.26, no.1, pp.279-289, 2015 (Peer-Reviewed Journal)
- XXXVII. **THE EFFECTS OF DIFFERENT EXERCISE PROGRAMS ON KNEE MUSCLE STRENGTH AND H Q RATIOS OF SEDENTARY MALES AND FEMALES**
KAFKAS M. E., BEKİR d., ŞAHİN KAFKAS A., AÇAK M., AYDIN A.
Journal of Athletic Performance and Nutrition, vol.1, no.2, pp.1-13, 2014 (Peer-Reviewed Journal)
- XXXVIII. **Impact of Acute Exercise on Testosterone Hormone Levels**
GÖKDEMİR K., KOÇ H., KAFKAS M. E., ÇEBİ M.
GAZZETTA MEDICA ITALIANA ARCHIVIO PER LE SCIENZE MEDICHE, vol.173, no.4, pp.181-184, 2014 (Scopus)
- XXXIX. **Effect of different resting intervals on serum creatine kinase and lactate dehydrogenase during isokinetic muscle strength**
KAFKAS M. E.
Gazz Med Ital, vol.173, no.6, pp.359-364, 2014 (Peer-Reviewed Journal)
- XL. **Obezite Farkındalık Ölçeği nin OFÖ Türkçeye Uyarlanması Bir Geçerlik ve Güvenirlik Çalışması**

KAFKAS M. E., ÖZEN G.

İnönü Üniversitesi Beden Eğitimi Spor Bilimleri Dergisi, vol.2, no.1, pp.1-11, 2014 (Peer-Reviewed Journal)

- XLII. **Beden Eğitimi ve Spor Yüksekokulu Özel Yetenek Sınavına Giren Adayların Kaygı Düzeyleri ile Özel Yetenek Sınav Performansları Arasındaki İlişkinin İncelenmesi**
ŞAHİN KAFKAS A., YILDIRIM T., KAFKAS M. E., ÖZEN G.
İnönü Üniversitesi Beden Eğitimi Spor Bilimleri Dergisi, vol.1, no.1, pp.1-13, 2014 (Peer-Reviewed Journal)
- XLIII. **The effect of regular exercise and massage on oxidant and antioxidant parameters.**
KARABULUT A., Kafkas M. E., Kafkas A., Onal Y., Kiran T. R.
Indian journal of physiology and pharmacology, vol.57, pp.378-83, 2013 (Scopus)
- XLIV. **The effect of regular exercise and massage oxidant and antioxidant parameters**
BAY KARABULUT A., KAFKAS M. E., ŞAHİN KAFKAS A., ÖNAL Y., KIRAN T. R.
Indian J Physiol Pharmacol, vol.57, no.4, pp.378-383, 2013 (Peer-Reviewed Journal)
- XLV. **The Effect of Apricot Kernel Grease Massage and Exhaustive Acute Exercises Upon The Oxidant and Antioxidant Activities of Obese Women.**
KAFKAS M. E., BAY KARABULUT A., ŞAHİN KAFKAS A., OTLU Ö.
GAZZETTA MEDICA ITALIANA ARCHIVIO PER LE SCIENZE MEDICHE, vol.172, no.3, pp.145-151, 2013 (Scopus)
- XLVI. **Fan Motivation Questionnaire A Study of Validity and Reliability**
KAFKAS M. E., ÇOBAN B., ŞAHİN KAFKAS A.
Niğde University Journal of Physical Education and Sport Sciences, vol.6, no.1, pp.34-41, 2012 (Peer-Reviewed Journal)
- XLVII. **The Sport Imagery Qestionnaire A Study of Validity and Reliability**
KAFKAS M. E.
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- LXXVII. **Sub Elit Masa Tenisçilerin Seçilmiş Motorik Performansları İle Şut İsabet Oranları Arasındaki İlişkinin İncelenmesi**
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- LXXIX. **SOMATOTİP KARAKTER FARKLILIĞININ BİLİŞSEL VE LOKOMOTOR BECERİLER ÜZERİNE ETKİSİ**
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- LXXX. **Somatotip Karakter Farklılığının Sedanter Kadın ve Erkeklerin Anaerobik Performans Skorları Üzerine Etkisinin İncelenmesi**
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- LXXXI. **Sedanter Kadın ve Erkeklerin Somatotip Karakterleri ile Yo Yo IR1 ve Wingate Anaerobik Güç Performanslarının İncelenmesi**
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- LXXXIX. **Effect of Long Term Training Adaptation on Isokinetic Strength in College Male Volleyball Players**
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- XC. **10 14 Yaş Basketbolcuların Antropometrik Özellikleri İle Sprint Ve Dikey Sıçrama Performanslarının Karşılaştırılması**
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- XCIII. **El Tercihli Ve Kavrama Kuvvetinin Cinsiyet İle İlişkinin İncelenmesi**
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- XCVII. VOLEYBOL BASKETBOL VE HENTBOL SPORCULARININ ÜST EKSTREMİTE TENDON KALINLIKLARININ ULTRASONOGRAFİK İNCELENMESİ**
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- C. Different Site on Ground the Activity Effect of Exercise of Oxidative and Antioxidant Status**
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- CI. Analysis of the Relationship Between Anxiety Levels and Exam Performances of the Candidate Students Entering the Special Ability Exam for School of Physical Education and Sports Program**
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- CII. The Sport Imagery Questionnaire: A Study of Validity and Reliability**
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2nd International Congress of Educational Research, Antalya, Turkey, 29 April - 02 May 2010, vol.1, no.1, pp.90
- CIII. Analysis of Physical Education Teachers' Level of Healthy Life Style Behaviours**
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- CIV. Olimpiyat Oyunları Etki Ölçeğinin Türkçe'ye Uyarlanması Geçerlik ve Güvenirlik Çalışması**
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- CVI. Examination of Job Satisfaction and Life Quality Among The Physical Education Teachers in Terms of Some Variables**
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International Congress of Sport for All and Sport Tourism, Antalya, Turkey, 5 - 08 November 2009, vol.1, no.1, pp.4
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Supported Projects

KAFKAS M. E., Project Supported by Higher Education Institutions, SOMATOTİK ÖZELLİKLER AÇISINDAN BAZI MOTORİK PARAMETRELERİNİN İNCELENMESİ, 2016 - Continues

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

Fonksiyonları Üzerine Etkisinin İncelenmesi, 2020 - 2021

KAFKAS M. E., ÇINARLI F. S., Project Supported by Higher Education Institutions, Antihareket egzersiz uygulamalarının kas aktivasyonu ve seçilmiş bazı performans parametreleri üzerine etkisi, 2020 - 2021

KAFKAS M. E., YILMAZ N., Project Supported by Higher Education Institutions, Farklı Direnç Ekipmanları ile Yapılan Kuvvet Egzersizlerinin Kas Aktivitesi Üzerine Etkisi, 2018 - 2021

KAFKAS M. E., HANCIOĞLU S., Project Supported by Higher Education Institutions, Kapalı ve Açık Kinetik Zincir Kuvvet Egzersizlerinin Hormonal Cevap ve Kas Hasarı Üzerine Etkisi, 2019 - 2020

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

KAFKAS M. E., KIZILAY F., Project Supported by Higher Education Institutions, Farklı Tempolarda Yapılan Direnç Egzersizlerinin Seçilmiş Sitokin Hormon ve Kas Hasarı Parametreleri Üzerine Etkileri, 2017 - 2019

KAFKAS M. E., Project Supported by Higher Education Institutions, TRX DİRENÇ BAND İLE YAPILAN KUVVET ANTRENMANININ ADÖLESAN BASKETBOLCULARIN SEÇİLMİŞ MOTORİK PERFORMANS PARAMETRELERİ ÜZERİNE ETKİLERİ, 2016 - 2019

KAFKAS M. E., MERCAN S., Project Supported by Higher Education Institutions, Doğrusal Sprint Testi ile Yön Değiştirmeli Sprint Testi Arasındaki İlişkinin İncelenmesi, 2017 - 2018

KAFKAS M. E., ARAPGİRLİOĞLU H., ATİK H. A., Project Supported by Higher Education Institutions, European Conference on Science, Art and Culture (Avrupa Bilim, Sanat ve Kültür Kongresi), 2017 - 2017

KAFKAS M. E., TÜBİTAK Project, Propriyoseptif Nöromusküler Fasilitasyon Teknininin 1 Maksimum Tekrar Üzerine Etkisi, 2016 - 2017

Çınarlı F. S., Kafkas M. E., Project Supported by Higher Education Institutions, Somatotip özellikler açısından bazı motorik parametrelerin incelenmesi, 2016 - 2016

Activities in Scientific Journals

Inönü Üniversitesi Beden Eğitimi ve Spor Bilimleri Dergisi, First Editor, 2014 - Continues

Journal of Athletic Performance and Nutrition, First Editor, 2014 - Continues

Memberships / Tasks in Scientific Organizations

Medikal Egzersiz ve Fitness Antrenörleri Derneği, Chairman, 2018 - Continues

European Sport and Social Sciences, Member, 2017 - Continues

Spor Bilimleri Derneği, Member, 2014 - Continues

Scientific Refereeing

Journal of Sport Rehabilitation, SCI Journal, January 2017

International Journal of Sports Physiology and Performance, SCI Journal, January 2017

Metrics

Publication: 199

Citation (WoS): 40

Citation (Scopus): 41

H-Index (WoS): 4

H-Index (Scopus): 3

Congress and Symposium Activities

International Conference of Personal Trainer, Attendee, İstanbul, Turkey, 2019
International Conference of Personal Trainer, Moderator, İstanbul, Turkey, 2019
International Conference of Personal Trainer, Invited Speaker, İstanbul, Turkey, 2019
16th International Sport Sciences Congress, Attendee, Antalya, Turkey, 2018
16th International Sport Sciences Congress, Session Moderator, Antalya, Turkey, 2018
International Conference of Medical Fitness and Corrective Exercise, Invited Speaker, İstanbul, Turkey, 2018
International Conference of Medical Fitness and Corrective Exercise, Moderator, İstanbul, Turkey, 2018
International Conference of Medical Fitness and Corrective Exercise, Attendee, İstanbul, Turkey, 2018
15. International Sport Sciences Congress,, Session Moderator, Antalya, Turkey, 2017
15. Uluslararası Spor Bilimleri Kongresi, Attendee, Turkey, 2017
World Congress of Sport Sciences Researches, Attendee, Turkey, 2017
European Conference on Science, Art & Culture, Invited Speaker, Praha, Czech Republic, 2017
International Conference of Strategic Research in Social Science and Education, Attendee, Antalya, Turkey, 2017
European Conference on Science, Art & Culture, Attendee, Praha, Czech Republic, 2017
22nd European College of Sport Science, Attendee, Dortmund, Germany, 2017
8th International Scientific Conference on Kinesiology, Attendee, Zagreb, Croatia, 2017
14. Uluslararası Spor Bilimleri Kongresi, Attendee, Antalya, Turkey, 2016
ERPA International Congresses on Education, Session Moderator, Sarajevo, Bosnia And Herzegovina, 2016
ERPA International Congresses on Education, Attendee, Sarajevo, Bosnia And Herzegovina, 2016
V. Exercise Physiology Symposium, Attendee, Konya, Turkey, 2015
ERPA International Congresses on Education, Attendee, Athens, Greece, 2015
13. Uluslararası Spor Bilimleri Kongresi, Attendee, Konya, Turkey, 2014
16th National Anatomy Congress, Attendee, Malatya, Turkey, 2014
2nd International Physical Education and Sports Congress for the Disabled, Attendee, Batman, Turkey, 2014
12. Uluslararası Spor Bilimleri Kongresi, Attendee, Denizli, Turkey, 2012
11. Uluslararası Spor Bilimleri Kongresi, Attendee, Antalya, Turkey, 2010
XXII. National Biochemistry Congress, Attendee, Eskişehir, Turkey, 2010
2nd International Congress of Educational Research, Attendee, Antalya, Turkey, 2010
International Congress of Sport for All and Sport Tourism, Attendee, Turkey, 2009
18. National Congress of Educational Sciences, Attendee, İzmir, Turkey, 2009
The European Conference on Educational Research, Attendee, Vienna, Austria, 2009
1st International Congress of Educational Research, Attendee, Çanakkale, Turkey, 2009