

## Prof. MUHAMMED EMİN KAFKAS

### Personal Information

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### International Researcher IDs

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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 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)
- 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**  
SKARPANSA-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., SKARPANSA-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., 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)
- 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., kızılray 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.  
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European Conference on Science, Art & Culture, Prag, Czech Republic, 19 - 22 October 2017, vol.1, no.1, pp.112
- LXI. **Waist Thickness: Age Factor**  
KAFKAS M. E., ÇINARLI F. S., YILMAZ N., EKEN Ö., KIZILAY F., KAYAPINAR M., ŞAHİN KAFKAS A.  
European Conference on Science, Art & Culture, Prag, Czech Republic, 19 - 22 October 2017, vol.1, no.1, pp.23
- LXII. **Waist Thickness: Age Factor**  
KAFKAS M. E., ÇINARLI F. S., YILMAZ N., EKEN Ö., KIZILAY F., KAYAPINAR M., ŞAHİN KAFKAS A.  
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- LXIII. **The Effects of Different Warming Protocols on Explosive Force**  
Şahin Kafkas A., Kafkas M. E., Çınarlı F. S.  
European Conference on Science, Art & Culture, Praha, Czech Republic, 19 - 22 October 2017, vol.1, no.1, pp.54
- LXIV. **Waist Thickness: Age Factor**  
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- LXV. **The Effects of Different Warming Protocols on Explosive Force**  
ŞAHİN KAFKAS A., KAFKAS M. E., ÇINARLI F. S.  
European Conference on Science, Art & Culture, Prag, Czech Republic, 19 - 22 October 2017, vol.1, no.1, pp.54
- LXVI. **Effect of Different Warming Protocols on Maximal Oxygen Consumption Capacity and Blood Lactate Level**  
AYDIN Y., ŞAHİN KAFKAS A., ÇINARLI F. S., ADANUR O., KAFKAS M. E.  
European Conference on Science, Art & Culture, Prag, Czech Republic, 19 - 22 October 2017, vol.1, no.1, pp.78
- LXVII. **Examination of the Relationship Between Exercise Habits Time and Diabetes and Blood Pressure**  
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- LXVIII. **Examination of the Relationship Between Exercise Habits Time and Diabetes and Blood Pressure**  
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- LXIX. **Relationship Between Sleeping Time And Body Composition**  
KAFKAS M. E., ŞAHİN KAFKAS A., EKEN Ö., ÇINARLI F. S., YILMAZ N., KIZILAY F., KAYAPINAR M.  
European Conference On Science, Art Culture (Ecsac), Praque, Czech Republic, 19 - 22 October 2017, pp.109-110
- LXX. **Examination of the Relationship Between Exercise Habits Time and Diabetes and Blood Pressure**  
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- LXXI. **Waist Thickness: Age Factor**  
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- LXXII. **Relationship Between Linear Running Performance And Change Of Direction Performance Of Male Soccer Players**  
ÇINARLI F. S., ŞAHİN KAFKAS A., KAFKAS M. E.  
ECSS, Essen, Germany, 5 - 08 July 2017, pp.292-293
- LXXIII. **Relationships Between Leg Muscle Fiber Type Distribution And Motoric Performances**  
ÇINARLI F. S., ŞAHİN KAFKAS A., KAFKAS M. E.  
International Scientific Conference on Kinesiology, 10 - 14 May 2017
- LXXIV. **THE EFFECTS OF KINESIO TAPING ON LATERAL EPICONDYLE PAIN AND HANDGRIP MUSCLE STRENGTH DURING TENNIS TOURNAMENT**  
KAFKAS M. E., Kafkas A., DURMUS B., AÇAK M.  
8th International Scientific Conference on Kinesiology, Opatija, Croatia, 10 - 14 May 2017, pp.38
- LXXV. **RELATIONSHIPS BETWEEN LEG MUSCLE FIBER TYPE**  
ÇINARLI F. S., Kafkas A., Kafkas M. E.  
8th International Scientific Conference on Kinesiology, Opatija, Croatia, 10 - 14 May 2017, pp.693
- LXXVI. **Somatotip Özellikler Açısından Bazı Motorik Parametrelerin İncelenmesi**  
ÇINARLI F. S., KAFKAS M. E.  
14. uluslararası spor bilimleri kongresi, 01 November 2015 - 04 November 2016
- LXXVII. **Sub Elit Masa Tenisçilerin Seçilmiş Motorik Performansları İle Şut İsabet Oranları Arasındaki İlişkinin İncelenmesi**  
KAFKAS M. E., ÇINARLI F. S., BASTIK C.  
Spor Bilimleri Kongresi, 1 - 04 November 2016
- LXXVIII. **Farklı Isınma Protokollerinin 50 Metre Yüzme Performansı Üzerine Akut Etkisi**  
ŞAHİN KAFKAS A., EKEN Ö., KAFKAS M. E.  
14. Uluslararası Spor Bilimleri Kongresi, Antalya, Turkey, 1 - 04 November 2016
- LXXIX. **SOMATOTİP KARAKTER FARKLILIĞININ BİLİŞSEL VE LOKOMOTOR BECERİLER ÜZERİNE ETKİSİ**  
ÇINARLI F. S., ŞAHİN KAFKAS A., KAFKAS M. E.  
International Conference of Strategic Research in Social Science and Education(ICoSReSSE), 14 - 16 October 2016
- LXXX. **Somatotip Karakter Farklılığının Sedanter Kadın ve Erkeklerin Anaerobik Performans Skorları Üzerine Etkisinin İncelenmesi**  
ÇINARLI F. S., KAFKAS M. E.  
ERPA International Congresses on Education 2016, saraybosna, 2 - 04 June 2016
- LXXXI. **Sedanter Kadın ve Erkeklerin Somatotip Karakterleri ile Yo Yo IR1 ve Wingate Anaerobik Güç Performanslarının İncelenmesi**  
ÇINARLI F. S., KAFKAS M. E.  
ERPA International Congresses on Education 2016, 2 - 04 June 2016
- LXXXII. **The Analysis of Relation between the Rates of Attack Stroke and Sub Elite Tennis Players Some Motoric Performances**  
ÇINARLI F. S., KAFKAS M. E., BASTIK C., ÇİMEN O.  
14. International Sport Sciences Congress, 1 - 04 November 2016

- LXXXIII. **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
- LXXXIV. **Effect of Educational Obesity and Physical Activity on Children s Knowledge of Obesity and Physical Activity**  
ŞAHİN B., ŞAHİN KAFKAS A., KAFKAS M. E.  
14. International Sport Sciences Congress, 1 - 04 November 2016
- LXXXV. **Somatotip karakter farklılığının bilişsel ve lokomotor beceriler üzerine etkisi**  
ÇINARLI F. S., ŞAHİN KAFKAS A., KAFKAS M. E.  
International Conference of Strategic Researchin Social Science and Education 2016, Antalya, Turkey, 14 - 16 October 2016, vol.1
- LXXXVI. **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
- LXXXVII. **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
- LXXXVIII. **10 14 Yaş Basketbolcularda Somatotip Karakterlerin Şut Performansı Üzerine Etkisinin İncelenmesi**  
ÖZEREN S., KAFKAS M. E.  
ERPA Congress, Sarajevo, Bosnia And Herzegovina, 2 - 04 June 2016
- LXXXIX. **Effect of Long Term Training Adaptation on Isokinetic Strength in College Male Volleyball Players**  
KAFKAS M. E.  
ERPA Congress, Sarajevo, Bosnia And Herzegovina, 2 - 04 June 2016
- XC. **10 14 Yaş Basketbolcuların Antropometrik Özellikleri İle Sprint Ve Dikey Sıçrama Performanslarının Karşılaştırılması**  
ÖZEREN S., KAFKAS M. E.  
ERPA Congress, Sarajevo, Bosnia And Herzegovina, 2 - 04 June 2016
- XC.I. **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
- XCII. **Statik Isınma Süresinin Sub Elit Yüzücü Kadınların 50 metre Serbest ve Kurbağa 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
- XCIII. **El Tercihli Ve Kavrama Kuvvetinin Cinsiyet İle İlişkinin İncelenmesi**  
ŞENOL D., ÖZBAĞ D., KAFKAS M. E., AÇAK M., baysal ö., ŞAHİN KAFKAS A., TAŞKIRAN C., ÇAY M., yağcı d., özen g.  
Anatomi Kış günleri 2016, Turkey, 22 - 24 February 2016
- XCIV. **The effects of based on hamstring exercises on several angular velocities bilateral knee muscle strength**  
KAFKAS M. E., ŞAHİN KAFKAS A.  
ERPA International Congress on Education, Atina, Greece, 4 - 07 June 2015, vol.1, pp.170
- XC.V. **Effect of different passing training methods on forearm and reception passing techniques in males volleyball players**  
KAFKAS M. E.  
ERPA International Congress on Education, Atina, Greece, 4 - 07 June 2015
- XC.VI. **İZOKİNETİK EGZERSİZ VE KAS HASARI**  
KAFKAS M. E., kızıl f.  
V. Egzersiz Fizyolojisi Sempozyumu, Konya, Turkey, 29 - 30 May 2015, vol.1, pp.46

- XCVII. VOLEYBOL BASKETBOL VE HENTBOL SPORCULARININ ÜST EKSTREMİTE TENDON KALINLIKLARININ ULTRASONOGRAFİK İNCELENMESİ**  
FATMA K., KAFKAS M. E., KIZILAY E., ŞAHİN KAFKAS A., BEKİR D.  
V. Egzersiz Fizyolojisi Sempozyumu, Konya, Turkey, 29 - 30 May 2015, vol.25, pp.27
- XCVIII. Effects of Acute Exercise in Obese Women of Adenosine Deaminase, Oxidant and Anti-Oxidant Activity**  
KAFKAS M. E., BAY KARABULUT A., ŞAHİN KAFKAS A., OTLU Ö.  
11th International Sport Sciences Congress, Antalya, Turkey, 10 - 12 November 2010, vol.1, no.1, pp.45
- XCIX. Fan Motivation Questionnaire: A Study of Validity and Reliability**  
KAFKAS M. E., ŞAHİN KAFKAS A., ÇOBAN B.  
11th International Sport Sciences Congress, Antalya, Turkey, 10 - 12 November 2010, vol.1, no.1, pp.87
- C. Different Site on Ground the Activity Effect of Exercise of Oxidative and Antioxidant Status**  
KAFKAS M. E., BİÇER Y.  
11th International Sport Sciences Congress, Antalya, Turkey, 10 - 12 November 2010, vol.1, no.1, pp.78
- 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**  
ŞAHİN KAFKAS A., YILDIRIM T., KAFKAS M. E.  
11th International Sport Sciences Congress, Antalya, Turkey, 10 - 12 November 2010, vol.1, no.1, pp.43
- CII. The Sport Imagery Questionnaire: A Study of Validity and Reliability**  
KAFKAS M. E.  
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**  
KAFKAS M. E.  
2nd International Congress of Educational Research, Antalya, Turkey, 29 April - 02 May 2010, vol.1, no.1, pp.78
- CIV. Olimpiyat Oyunları Etki Ölçeğinin Türkçe'ye Uyarlanması Geçerlik ve Güvenirlik Çalışması**  
KAFKAS M. E., BİNBAŞIOĞLU H.  
1. Uluslararası Herkes İçin Spor ve Turizm Kongresi, Antalya, Turkey, 5 - 08 November 2009, vol.1, pp.58
- CV. Adaptation of the Olympic Games Effect Scale into Turkish: A Study of Validity and Reliability**  
KAFKAS M. E., BİNBAŞIOĞLU H.  
International Congress of Sport for All and Sport Tourism, Antalya, Turkey, 5 - 08 November 2009, vol.1, no.1, pp.5
- CVI. Examination of Job Satisfaction and Life Quality Among The Physical Education Teachers in Terms of Some Variables**  
KAFKAS M. E., ŞAHİN KAFKAS A., KARADEMİR T.  
International Congress of Sport for All and Sport Tourism, Antalya, Turkey, 5 - 08 November 2009, vol.1, no.1, pp.4
- CVII. Olimpiyat Oyunları Etki Ölçeğinin Türkçe'ye Uyarlanması Geçerlik ve Güvenirlik Çalışması**  
KAFKAS M. E., BİNBAŞIOĞLU H.  
1. Uluslararası Herkes İçin Spor ve Turizm Kongresi, Antalya, Turkey, 5 - 08 November 2009, vol.1, pp.78-79
- CVIII. Do Physical Education Programs Contribute to Lifelong Sport?**  
ŞAD S. N., AÇAK M., KAFKAS M. E.  
The European Conference on Educational Research, Viyana, Austria, 28 - 30 September 2009, vol.1, no.1, pp.15
- CIX. Turkish Version of Teacher Concern Questionnaire-Physical Education: Validity and Reliability Studies**  
ÖZER N., ŞAD S. N., AÇAK M., KAFKAS M. E.  
1st International Congress of Educational Research, Çanakkale, Turkey, 1 - 03 May 2009, vol.1, no.1, pp.56

## 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 Tekniğinin 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, Moderator, İstanbul, Turkey, 2019  
International Conference of Personal Trainer, Attendee, İstanbul, Turkey, 2019  
International Conference of Personal Trainer, Invited Speaker, İstanbul, Turkey, 2019  
16th International Sport Sciences Congress, Session Moderator, Antalya, Turkey, 2018  
16th International Sport Sciences Congress, Attendee, 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  
World Congress of Sport Sciences Researches, Attendee, Turkey, 2017  
15. International Sport Sciences Congress,, Session Moderator, Antalya, Turkey, 2017  
15. Uluslararası Spor Bilimleri Kongresi, 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, Attendee, Sarajevo, Bosnia And Herzegovina, 2016  
ERPA International Congresses on Education, Session Moderator, 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