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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 Tübingen, 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, Judocuları farklı ısınma protokollerinin, 30 M. sürat, esneklik, dikey sıçrama, kuvvet, denge ve anaerobik güç performansları üzerine akut etkisinin incelenmesi, Ege University, Teknik Programlar, Spor Sağlık Bilimleri (YI), 2015

Research Areas

Physical Education and Sports

Published journal articles indexed by SCI, SSCI, and AHCI

- I. **Investigation of left atrial mechanical function and left ventricular systolic and diastolic parameters in athletes performing resistance exercise and combined exercise.**
Kurtoğlu A., Akgümüş A., Balun A., Aydın E., Kurtoğlu E., Çar B., Konar N., Eken Ö., Nobari H.
BMC cardiovascular disorders, vol.24, no.1, pp.237, 2024 (SCI-Expanded)
- II. **Which training load indicators are greater correlated with maturation and wellness variables in elite U14 soccer players?**
Nobari H., Eken Ö., Singh U., Gorouhi A., Bordón J. C. P., Prieto-González P., Kurtoğlu A., Calvo T. G.
BMC pediatrics, vol.24, no.1, pp.289, 2024 (SCI-Expanded)
- III. **Exploring the quadriceps muscle architecture variations in various sports disciplines: a comparative analysis of football, taekwondo, and athletics.**
Çiftçi R., Kurtoğlu A., Çar B., Karavaş E., Eken Ö., Söyler M., Ardigò L. P., Nobari H.
The Journal of sports medicine and physical fitness, 2024 (SCI-Expanded)
- IV. **The impact of strategic napping on peak expiratory flow and respiratory function in young elite athletes.**
Kurtoğlu A., Eken Ö., Aydın E., Çar B., Nobari H.
BMC sports science, medicine & rehabilitation, vol.16, no.1, pp.41, 2024 (SCI-Expanded)
- V. **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)
- VI. **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., Šimenko J.
Chronobiology international, vol.41, no.1, pp.61-71, 2024 (SCI-Expanded)
- VII. **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)
- VIII. **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., Aydın E., Balun A., Çar B., Eken Ö., Aldhahi M. I.
BMC cardiovascular disorders, vol.23, no.1, pp.486, 2023 (SCI-Expanded)
- IX. **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)
- X. **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)
- XI. **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)

- XII. **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., Saygın Ö., Eken Ö., Clemente F. M., Nobari H.
Scientific reports, vol.13, no.1, pp.7040, 2023 (SCI-Expanded)
- XIII. **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)
- XIV. **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)
- XV. **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., Szmatlan-Gabrys U., Valach P.
International journal of environmental research and public health, vol.20, no.4, 2023 (SCI-Expanded)
- XVI. **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., Kamaş O., Oliveira R., González P. P., Aquino R.
BMC pediatrics, vol.23, no.1, pp.55, 2023 (SCI-Expanded)
- XVII. **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)
- XVIII. **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)
- XIX. **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)
- XX. **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)
- XXI. **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)
- XXII. **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)
- XXIII. **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)
- XXIV. **Exploring the Relationship between Biological Maturation Level, Muscle Strength, and Muscle Power in Adolescents**
Yapici H., Gulu M., Yagin F. H., Eken Ö., Gabrys T., Knappova V.
BIOLOGY, vol.11, no.12, pp.1722, 2022 (SCI-Expanded)

- XXV. **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)
- XXVI. **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)
- XXVII. **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., Bayrakdaroğlu 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., Yaralı Bingöl D., Eken Ö., Yağın F. H., Bayrakdaroğlu 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., Ilkim 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. **Y 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., aydın 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., 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)
- XXVI. **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)
- 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., SANSI 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. **Judocuları 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. **İnterval Antrenmanın Tarihi, Mekanizması ve Judo Sporuna 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, İlkın Mehmet, Beltekin Enes, Editor, Akademisyen Yayınevi, Ankara, pp.173-184, 2020
- X. **Isınma Egzersizlerinin Türleri, Önemi, Tarihi ve Mekanizması**
Eken Ö.
in: Fonksiyonel Antrenman, Tekin Ali, Topsakal Nuri, Editor, Efe Akademi, İstanbul, pp.147-174, 2020
- XI. **Egzersiz 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, İlkın 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

- 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.
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