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Personal Information

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Education Information

Doctorate, Inonu University, Sağlık Bilimleri Enstitüsü, Beden Eğitimi Ve Spor Anabilim Dalı, Turkey 2016 - Continues
Doctorate, Sofya "Vasil Levski" Milli Spor Akademisi, Center For Research And Applied Activity İn Sport, Center For
Research And Applied Activity İn Sport, Bulgaria 2019 - 2019

Post Graduate, Inonu University, Sağlık Bilimleri Enstitüsü, Beden Eğitimi Ve Spor Anabilim Dalı, Turkey 2014 - 2016

Under Graduate, Anadolu University, Beden Eğitimi Ve Spor Yüksekokulu, Antrenörlük Eğitimi Bölümü, Turkey 2009 -
2014

Foreign Languages

English, C1 Advanced

Dissertations

Post Graduate, Somatotip özellikler açısından bazı motorik parametrelerin incelenmesi, Inonu University, Sağlık Bilimleri
Enstitüsü, Beden Eğitimi Ve Spor (YI) (Ankara Üniv. Ortak), 2016

Research Areas

Social Sciences and Humanities, Education, Sports Sciences and Technology, Physical Education and Sports, Coaching

Academic Titles / Tasks

Research Assistant, Inonu University, Spor Bilimleri Fakültesi, Antrenörlük Eğitimi Bölümü, 2014 - Continues

Articles Published in Other Journals

- I. **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, pp.82-89, 2019 (Refereed Journals of Other Institutions)
- II. **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, pp.99-107, 2019 (Refereed Journals of Other Institutions)
- III. **Acute Effect of Different Stretching Protocols on Flexibility, Yoyo IR-1 and RepeatedSprint Ability Performance**

ŞAHİN KAFKAS A., AYDIN Y., EKEN Ö., ÇINARLI F. S. , KAFKAS M. E.

Turkish Journal of Sport and Exercise, vol.21, pp.196-203, 2019 (International Refereed University Journal)

- IV. **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, pp.1-16, 2018 (Refereed Journals of Other Institutions)
- V. **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, pp.192-205, 2018 (National Refreed University Journal)
- VI. **FARKLI ISINMA PROTOKOLLERİNİN 1-MAKSİMUM TEKRAR SKUAT PERFORMANSI ÜZERİNE AKUT ETKİSİ**
KAFKAS M. E. , İLBAK İ., EKEN Ö., ÇINARLI F. S. , YILMAZ N., ŞAHİN KAFKAS A.
Spor ve Performans Araştırmaları Dergisi, vol.9, pp.192-205, 2018 (Refereed Journals of Other Institutions)
- VII. **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, pp.32-43, 2018 (Refereed Journals of Other Institutions)
- VIII. **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, pp.93-99, 2018 (Refereed Journals of Other Institutions)
- IX. **EGZERSİZ ALIŞKANLIĞI SÜRESİ İLE DİYABET VE KAN BASINCI ARASINDAKİ İLİŞKİNİN İNCELENMESİ**
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, pp.83-89, 2017 (International Refereed University Journal)
- X. **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.
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- XI. **Türkiye Masa Tenisi Genç Milli Takım Aday Sporcularının Vücut Kompozisyonu Ve Biyomotor Performans Parametrelerinin İncelenmesi**
ÇINARLI F. S. , KAFKAS M. E. , BASTIK C., ÇİMEN O.
İnönü Üniversitesi Spor Bilimleri Dergisi, vol.4, pp.22-39, 2017 (Other Refereed National Journals)
- XII. **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, pp.1-10, 2017 (Other Refereed National Journals)
- XIII. **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, pp.1-8, 2017 (Other Refereed National Journals)
- XIV. **THE RELATIONSHIP BETWEEN SLEEP DURATION AND BODY COMPOSITION OF CHILDREN AND ADOLESCENTS IN TURKEY**
KAFKAS M. E. , ÇINARLI F. S. , YILMAZ N., EKEN Ö., KIZILAY F., KAYAPINAR M., ŞAHİN KAFKAS A.
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- XVI. **THE EFFECT OF SOMATOTYPE COMPONENT DIFFERENCES ON BIOMOTOR AND COGNITIVE ABILITIES**
ÇINARLI F. S. , ŞAHİN KAFKAS A., EKEN Ö., KAFKAS M. E.
Journal of Sport and Social Sciences, vol.3, pp.1-14, 2016 (Other Refereed National Journals)
- XVII. **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, pp.1-10, 2016 (Refereed Journals of Other Institutions)

- XVIII. **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, pp.1-11, 2016 (Refereed Journals of Other Institutions)
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Books & Book Chapters

- I. **merkezi sütun (core) antrenman yaklaşımı**
ÇINARLI F. S. , KAFKAS M. E.
in: egzersiz profesyonelleri temel bilimler kitabı, KAFKAS E., Editor, Spor Yayınevi Ve Kitabevi, Ankara, pp.1, 2019
- II. **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. **What Is The Optimal Position For Bench Dips Exercise In Terms Of Muscle Recruitment? –Pilot Study**
ÇINARLI F. S. , KAFKAS M. E. , YILMAZ N.
2. International Congress on Medical Fitness and Corrective Exercise (ICMFCE), İstanbul, Turkey, 13 - 15
December 2019, pp.54-57
- II. **The Effect of Elbow Angle on Triceps Brachii and Pectoralis Major Muscle Activity During Parallel Bar Dips Movement**
KAFKAS M. E. , ÇINARLI F. S. , YILMAZ N., Soylu R.
Uluslararası Spor Bilimleri Kongresi, Antalya, Turkey, 13 - 16 November 2019, pp.1-5
- III. **Paralel Bar Dips Hareketi Sırasında Dirsek Açısının Triceps Brachii ve Pectoralis Major Kas Aktivitesi Üzerine Etkisi**
KAFKAS M. E. , ÇINARLI F. S. , YILMAZ N., SOYLU A. R.
17. Uluslararası Spor Bilimleri Kongresi - SBK2019, Antalya, Turkey, 13 - 16 November 2019, pp.2354-2355
- IV. **EXAMINATION OF HAMSTRING-QUADRICEPS MUSCLE ACTIVITIES IN BRIDGE-PLANK EXERCISES PRACTICED ON DIFFERENT GROUNDS**
ÇINARLI F. S. , ÖLMEZ S. B. , NAMALDI S., KARANFİL E., GÜLLÜ K., SOYLU A. R.
9. ULUSLARARASI BİYOMEKANİK KONGRESİ, 19 - 22 September 2018
- V. **EMG Analysis of Muscle Activation at Different Phases During Czech Get-Up Exercise**
ÇINARLI F. S. , KAFKAS M. E. , YILMAZ N., Soylu R.
16th International Sport Sciences Congress, Antalya, Turkey, 31 October - 03 November 2018, vol.11, pp.256-257
- VI. **Investigation of the sEMG Activity of Some Selected Muscles During Turkish Get-up Exercise**
KAFKAS M. E. , ÇINARLI F. S. , YILMAZ N., Soylu R.
16th International Sport Sciences Congress, Antalya, Turkey, 31 October - 03 November 2018, vol.11, pp.231-232
- VII. **Investigation of the Relationship Between Muscle Pennate Angle and Some Selected Field Performance Tests**
KAFKAS M. E. , ÇINARLI F. S.
16th International Sport Sciences Congress, Antalya, Turkey, 31 October - 03 November 2018, vol.11, pp.23-24
- VIII. **Investigation of the Relationship Between Rectus Femoris Muscle Architecture and Peak Power Performance Values at Different Angular Speeds**
ÇINARLI F. S. , KAFKAS M. E.
16th International Sport Sciences Congress, Antalya, Turkey, 31 October - 03 November 2018, vol.11, pp.345-346
- IX. **Investigation of the Relationship Between Muscle Pennate Angle and Some Selected Field**

Performance Tests

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- XV. **Türkiye Masa Tenisi Genç Milli Takım Aday Sporcularının Vücut Kompozisyonu ve Biyomotor Performans Parametrelerinin İncelenmesi**
ÇINARLI F. S. , KAFKAS M. E. , BASTIK C. , ÇİMEN O.
15. Uluslararası Spor Bilimleri Kongresi, Antalya, Turkey, 15 - 18 November 2017
- XVI. **Examination Of Body Composition And Biomotor Performance Parameters Of Turkish Table Tennis Young National Team Candidate Athletes**
ÇINARLI F. S. , KAFKAS M. E. , BASTIK C. , ÇİMEN O.
15. International Sport Sciences Congress, Antalya, Turkey, 15 - 18 November 2017, vol.1, no.1, pp.15
- XVII. **Examination of some Motoric Parameters Based on Somatotype Features**
ÇINARLI F. S. , KAFKAS M. E.
14th International Sport Sciences Congress, Antalya, Turkey, 1 - 04 November 2017, vol.1, no.1, pp.21
- XVIII. **Egzersiz Alışkanlığı Süresi ile Diyabet ve Kan Basıncı Arasındaki İlişkinin İncelenmesi**
KAFKAS M. E. , ÇINARLI F. S. , YILMAZ N. , EKEN Ö. , KIZILAY F. , KAYAPINAR M. , ŞAHİN KAFKAS A.
EUROPEAN CONFERENCE ON SCIENCE, ART CULTURE (ECSAC), PRAG, Czech Republic, 19 - 22 October 2017, pp.90-91
- XIX. **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), PRAG, Czech Republic, 19 - 22 October 2017, pp.91-92
- XX. **Bel Çevresi Kalınlığı: Yaş Faktörü**
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, pp.105-106
- XXI. **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
- XXII. **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
- XXIII. **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
- XXIV. **Examination of the Relationship Between Exercise Habits Time and Diabetes and Blood Pressure**

- 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.112
- XXV. **Examination of the Relationship Between Exercise Habits Time and Diabetes and Blood Pressure**
KAFKAS M. E. , ÇINARLI F. S. , YILMAZ N., EKEN Ö., KIZILAY F., KAYAPINAR M., ŞAHİN KAFKAS A.
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- XXVI. **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
- XXVII. **Relationship Between Sleeping Time And Body Composition**
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- XXVIII. **Examination of the Relationship Between Exercise Habits Time and Diabetes and Blood Pressure**
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- XXXIII. **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
- XXXIV. **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
- XXXV. **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
- XXXVI. **Somatotip Özellikler Açısından Bazı Motorik Parametrelerin İncelenmesi**
ÇINARLI F. S. , KAFKAS M. E.
14. uluslararası spor bilimleri kongresi, 01 November 2015 - 04 November 2016
- XXXVII. **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
- XXXVIII. **Somatotip Karakter Farklılığının Sedarer 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
- XXXIX. **Sedarer 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

Supported Projects

ÇINARLI F. S. , Project Supported by Other Official Institutions, Yeşilyurt belediyesinin obezite ve fiziksel aktivite haritasının belirlenmesi, 2016 - 2017

Activities in Scientific Journals

İnönü Üniversitesi Beden Eğitimi ve Spor Bilimleri Dergisi, Publication Committee Member, 2016 - Continues
Journal of Athletic Performance and Nutrition, Editor, 2016 - Continues
JOURNAL OF SPORT AND SOCIAL SCIENCES, Editor, 2016 - 2020