

## **CURRICULUM VITAE AND PUBLICATION LIST**

**Date of Statement:** 01.01.2026

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### **1. International & National Published Books.**

- 1. Kafkas M.E.** (2022). Basic Sciences for Exercise Professionals (2. Edition). Sport Publishing & Booking. Ankara/Turkey
- 2. Kafkas M.E.** (2020). Human Movement Nature from Cell to Organism. Sport Publishing & Booking. Ankara/Turkey
- 3. Kafkas M.E.** (2019). Basic Exercise Guided for Exercise Professionals. Sport Publishing & Booking. Ankara/Turkey

### **2. Papers published in peer reviewed international journals (SCI, SSCI, AHCI, SCI-E, ESCI etc., in chronological order)**

- 1. Cinarli, F. S., & Kafkas, M. E.** (2025). Neuromuscular activation following anti-movement and dynamic core training: A randomized controlled comparative study. *European Journal of Applied Physiology*, 125(9), 2449-2459.
- 2. Cinarli, F. S., Kafkas, E., Kalema Djemba, R. N., Yildirim, T., Raj, I. S., & Duhig, S.** (2024). Relationship between Rectus Femoris Muscle Architecture and Isokinetic Peak Knee Extension Torque in Physically Active Men. *Sport Mont*, 22(2), 19-24.
- 3. Kizilay, F., Emin Kafkas, M., Çağatay Taşkapan, M., Haydar Demirel, A., & Radak, Z.** (2024). Impact of differing eccentric-concentric phase durations on muscle damage and anabolic hormones. *Isokinetics and Exercise Science*, 32(1), 29-39.
- 4. Eken, Ö., & Kafkas, M. E.** (2022). 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. *Journal of Musculoskeletal & Neuronal Interactions*, 22(3), 352. (SCI-E; IF: 1.864)
- 5. Şahin, F. B., Kafkas, A. Ş., Kafkas, M. E., Taşkapan, M. Ç., & Jones, A. M.** (2022). The effect of active vs passive recovery and use of compression garments following a single bout of muscle-damaging

exercise. *Isokinetics and Exercise Science*, 30(2), 117-126. (SCI-E; IF: 0.729)

6. Çınarlı, F. S., **Kafkas, M. E.**, Soylu, A. R., & Yılmaz, N. (2021). Effect Of Elbow Angle On Triceps Brachii And Pectoralis Major Muscle Activity During Parallel Bar Dip. *Kinesiologia Slovenica*, 27(3), 57-69. (ESCI)
7. Skarpańska-Stejnborn, A., Basta, P., Trzeciak, J., **Kafkas, M. E.**, Latour, E., Cieslicka M. (2019). 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. *Science and Sport*. 34(3), 167-174 (SCI-E; IF: 0.763)
8. Kafkas A., Eken Ö., Kurt C & **Kafkas M.E.** (2019). Acute Effect of Different Stretching Protocols on Flexibility, Yo Yo IR-1 and Repeated Sprint Ability Performance. *Isokinetic and Exercise Science*. 27(4), 289-297 (SCI-E; IF: 0.568)
9. Çınarlı FS & **Kafkas M. E.** (2019). The Effect of Somatotype Characters on Selected Physical Performance Parameters. *Physical Education of Students*. 23(5), 279-287. (ESCI)
10. Kafkas, A., **Kafkas M. E.**, Savaş S. (2019). Effect of long-term training adaptation on isokinetic strength in college male volleyball players. *Physical Education of Students*. 23(5), 236-241. (ESCI)
11. Şenol, D., Özbağ, D., **Kafkas ME.**, et al., (2018). Analysis of the Influence of Somatotype Difference on Motoric Parameters Such as Vertical Jump, Sit and Reach Flexibility and 30 m Sprint. *Medicina Dello Sport*, 71(3), 345-357 (SCI-E; IF: 0.172)
12. Kurt C., **Kafkas ME.**, Kurtdere I., Selalmaz O. (2018) Influence of Traditional and Cluster Set Plyometric Warm ups on Reactive Strength Index and Leg Stiffness in Male Rugby Players. *Isokinetic and Exercise Science*. 26(3), 237-244 (SCI-E; IF: 0.568)
13. Şenol, D., Özbağ, D., **Kafkas, ME.**, Açak, M., Baysal, Ö., Kafkas, A. Ş., ... & Özen, G. (2018). The clinical effects of somatotype difference on isokinetic knee muscle strength and dynamic balance scores. *Turkish Journal of Physical Medicine and Rehabilitation*. 64(1), 28-36. (SCI-E)
14. Skarpańska-Stejnborn, A., Basta, P., Trzeciak, J., Michalska, A., **Kafkas, ME.**, & Woitas-Ślubowska, D. (2017). Effects of cranberry (Vaccinum macrocarpon) supplementation on iron status and inflammatory markers in rowers. *Journal of the International Society of Sports Nutrition*. 14(1), 7. (SCI-E; IF: 2.011)
15. **Kafkas ME**, Taskiran C, Sahin Kafkas A, Özen G, Taskapan C, Özyalin F, Skarpanska-Stejnborn A. (2016). The Examining of Acute Changes

of Elite Free Style Wrestlers during One-day Tournament. *J Sports Med and Phys Fit.* 56(10): 1113-1116 (SCI-E; IF: 1.111)

16. Şahin Kafkas A, **Kafkas ME**, Durmuş B, Açak M. (2014). Effect of a Tennis Tournament on Players' Handgrip Strength, Pressure Pain Threshold and Visual Analogue Scale. *Med Dello Sport.* 67(4), 569-579 (SCI-E; IF: 0.163)
  17. **Kafkas ME**. (2014). The effect of Strength Exercises at Different Angular Velocities on Muscular LDH and CK. *Isokinetics and Exercise Science.* 22(1): 63-68 (SCI-E; IF: 0.357)
  18. Döker S, Hazar M, Uslu M, Okan İ, **Kafkas ME**, Boşgelmez İ. (2014). Influence of Training Frequency on Serum Concentrations of Some Essential Trace Elements and Electrolytes in Male Swimmers. *Biological Trace Element Research.* 158(1): 15-21 (SCI-E; IF: 2.430)
  19. Gökdemir K, Koç H, **Kafkas ME**, Çebi M. (2014). Impact of Acute Exercise on Testosterone Hormone Levels. *Gazz Med Ital.* 173(4): 181-184 (Biosis Preview)
  20. **Kafkas ME**, Şahin Kafkas A, Savaş S, Bay Karabulut A. (2013). The Compare of Effect of Exhaustive Exercise on MDA, ADA, GSH and SOD Activity in Women. *Healthmed.* 7(4): 1323-1328 (SCI-E)
  21. Bay Karabulut A, **Kafkas ME**, Şahin Kafkas A, Önal Y, Kiran RT. (2013). The Effects of Regular Exercise and Massage Oxidant and Antioxidant Parameters. *Indian Journal of Physiology and Pharmacology.* 57(4): 378-383 (Biosis Preview)
  22. **Kafkas ME**, Bay Karabulut A, Şahin Kafkas A, Otlu Ö. (2013). The Effect of Apricot Kernel Grease Massage and Exhaustive Acute Exercises Upon The Oxidant and Antioxidant Activities of Obese Women. *Gazz Med Ital.* 172(3): 145-151 (Biosis Preview)
3. Papers published in peer reviewed other international journals (Sport Discus, Index Copernicus, Scopus etc., in chronological order)
1. Çınarlı, F. S., **Kafkas, M. E.**, & Yıldırım, T. (2022). Comparison of rectus femoris architecture and somatotype between well-trained bodybuilders and soccer players. *Turk J Sports Med.* 57(4), 183-188.
  2. Çınarlı, F. S., & b Safe Movement Strategy: Philosophy of Anti-Movement (Narrative Review). *Journal of Sports and Performance Researches.* 12(3), 319-330.
  3. Çınarlı, F. S., & Kafkas, M. E. (2020). Relationship Between Trunk Endurance and Explosive Power Performances. *Journal of Athletic Performance and Nutrition,* 7(2), 10-17.

4. Kafkas AŞ., Aydın Y., Eken Ö., Çınarlı FS., **Kafkas M. E.** (2019). Acute Effect of Different Stretching Protocols on Flexibility, yoyo IR-1 and Repeated Sprint Ability Performance. *Turkish Journal of Sport and Exercise*. 21(2), 196-203
5. Çınarlı FS., and **Kafkas M. E.** (2019). The Examination of Relation Between Performance Scores and Estimated Percentage of Fast Twitch Muscle Fibers for the Vastus Lateralis. *Turkish Clinics Journal of Sport Sciences*, 11(2), 82-89
6. Kafkas A & **Kafkas, M. E.** (2019). Resistance Training: Nutrient Timing in Terms of Protein Consumption. *Journal of Athletic Performance and Nutrition*, 6(2), 13-21.
7. **Kafkas, ME.**, & Kurt, C. (2019). Hypertrophy: The Rationalize Cellular Mechanism. *Turkish Clinics, Journal of Sport Sciences*, 11(1), 41-54
8. Aydın Y, Kafkas, A, Çınarlı FS, Eken Ö., Kurt C, & **Kafkas ME.** (2019) Acute effect of different stretching exercise protocols on some anaerobic motoric tests. *Turk J Sports Med*. 54(2):99-107
9. Özen, G., **Kafkas, ME.**, & Akalan, C. (2019). The Influence of Birth Weight on Physical Fitness in Children Between 8 to 10 Years. *Turk J Sports Med*. 54(1), 09-16
10. Çınarlı FS., Kafkas AS., **Kafkas ME.** (2018). Relationship between Linear Running and Change of Direction Performances of Male Soccer Players. *Turkish Journal of Sport and Exercise*. 20(2), 93-99
11. Kafkas, AŞ., **Kafkas, ME.**, & Çınarlı, FS. (2018). The protective role of kinesio taping on lateral epicondyle pain and handgrip strength performance during the tennis tournament of college players. *Journal of Athletic Performance and Nutrition*, 5(1), 32-43.
12. **Kafkas ME.**, Kızılay E., Kafkas SA., Kızılay F., Durmus, B., Pular A. (2018). Ultrasound Characteristics of Patellar Tendon and Femoral Condylar Cartilage Thickness in Football and Basketball Players. *Journal of Athletic Performance and Nutrition*. 5(1), 1-13
13. Kafkas, AŞ., Çınarlı, FS., & **Kafkas, ME.** (2019). The longitudinal development of endurance, sprint, agility, strength and jumping performance within college volleyball players. *Journal of Athletic Performance and Nutrition*, 5(2), 1-16
14. Ozen G, **Kafkas ME**, Akalan C. (2018). Urban and rural adolescents' behavioural regulation in exercise according to body weight status. *Pamukkale Journal of Sport Sciences*. 8(3), 78-88

15. **Kafkas ME**, Çınarlı FS, Yılmaz N, Eken Ö, Kızılay F, Kayapınar M, & Kafkas AŞ. (2017). The Waist circumference in *Turkish adults: 19–75 years age*. *Journal of Athletic Performance and Nutrition*, 4(2)
16. **Kafkas ME**, Çınarlı FS, Yılmaz N, Özgür E, Kızılay F, Kayapınar M, & Kafkas A. (2017). Relationship between sleep duration and body composition, body fat ratio and waist circumference. *Journal of Sport and Social Sciences*, 4(2). 1-10
17. **Kafkas ME**, Kafkas A, Ivan Růžička. (2016). Effect of Different Training Methods on Forearm and Reception Pass Techniques in Males Volleyball Players. *Psychology Research*, 9(6): 536-546
18. Koç H, **Kafkas ME**, Cebi M, Erol AE. (2013). The Analysis of Serum Creatin Kinase (CK) and Lactate Dehydrogenase (LDH) Concentration of Elite Handball Players During A Tournament. *HealthMED*, 7(12): 3188-3192
19. **Kafkas ME**, Şahin Kafkas A, Bay Karabulut A, Savaş S, Hazar M. (2013). The Effect of Aerobic and Anaerobic Swimming Exercises on MDA, SOD and GSH Levels of Elite Swimmers. *HealthMED*, 7(8): 2459-2465
20. **Kafkas ME**, Biçer Y, Şahin Kafkas A, Savaş S, Ciğerci AE. The Effect of Different Fields on Oxidant and Antioxidant situations. *HealthMED*, 7(7): 2186-2190
21. **Kafkas ME**, Şahin Kafkas A, Karademir T, Koç H. (2011). An Analysis of Job Satisfaction and Life Quality of Physical Education Teachers. *Pakistan Journal of Social Sciences*, 8(6): 284-288
22. Bay Karabulut A, **Kafkas ME**, Savaş S, Hazar M, Kıran RT. (2011). Effect of Exhaustive Exercise on Oxidative Stress and Adenosine Deaminase Activities in Women Compared to Men. *Journal of US-China Medical Science*, 8(3): 150-155
23. Şad SN, Açak M, **Kafkas ME**. (2011). Contribution of Physical Education Programs to Lifelong Sport: Evaluating The Long-Term Efficacy of Turkish Physical Education Curricula. *World Applied Sciences Journal*, 15(4): 537-543

#### 4. Papers Published in peer reviewed national journals (in chronological order)

1. **Kafkas, ME.**, İlbak, İ., Eken Ö, Çınarlı, F., Yılmaz, N., & Kafkas, A. Ş. (2018) Acute Effect Different Warm up Protocols on 1-Repetition Maximum Squat Performance. *Journal of Sport and Performance Researches*, 9(3), 192-205.

2. Kurt C. and **Kafkas ME.** (2018). Using Myofascial Release via Foam Roller Exercises as a Regeneration Tool. *Inonu University, Journal of Physical Education and Sport Sciences*, 5(2), 25-38.
3. **Kafkas ME,** Demirtaş E, Kafkas A. (2017). Anabolic Effective Supplements: Potential Mechanisms and Muscle Development. *Inonu University, Journal of Physical Education and Sport Sciences*, 4(2), 48-56.
4. Kafkas A, Eken Ö, Çınarlı S, & **Kafkas ME.** (2016). Acute Effect of Static Warm Up Duration on 50 Meter Freestyle and Breaststroke Performance. *Journal of Athletic Performance and Nutrition*, 3(2), 1-10.
5. Çınarlı FS, Kafkas A, Eken Ö, & **Kafkas ME.** (2016). The Effect of Somatotype Character Differences on Cognitive and Biomotor Abilities. *Journal of Sport and Social Sciences*, 3(2), 1-14.
6. **Kafkas ME,** Özen G. (2014). The Turkish Adaptation of the Obesity Awareness Scale: A Validity and Reliability Study, *Inonu University, Journal of Physical Education and Sport Sciences*, 1(2), 1-15.
7. **Kafkas ME,** Çoban B, Şahin Kafkas A. (2012). Sport Fan Motivation Questionnaire: A Study of Validity and Reliability. *Niğde University Journal of Physical Education and Sport Sciences*, 6(1), 34-41.
8. **Kafkas ME,** Şahin Kafkas A, Acet M. (2012). Analysis of Physical Education Teachers' Level of Healthy Life Style Behaviours. *Dumlupınar University Journal of Social Sciences*, 32(2), 47-55.
9. **Kafkas ME.** (2011). The Sport Imagery Questionnaire: A Study of Validity and Reliability. *Niğde University Journal of Physical Education and Sport Sciences*, 5(2), 101-109.
10. **Kafkas ME,** Açak M, Çoban B, Karademir T. (2010). Investigation of the Relationship between Pre-service Physical Education Teachers' Sense of Self-Efficacy and Professional Concerns. *Inonu University Journal of the Faculty of Education*, 11, 93-111.
11. Karademir T, Döşyılmaz E, Çoban B, **Kafkas ME.** (2010). The Self Esteem and Emotional Intelligence of Students Who Participate in Special Ability Examinations in Order to Attend the Department of Physical Education and Sport. *Kastamonu Education Journal*, 8:2, 653-674.
12. **Kafkas ME,** Taşkıran C, Arslan C, Açak M. (2009). The Comparison of Some Physical. Physiologic and Anthropometric Parameters of Junior Male National and Amateur Badminton Players. *Niğde University Journal of Physical Education and Sport Sciences*, 3(1), 13-20.

13. Karademir T, Çoban B, Devecioğlu S, **Kafkas ME**, Mendeş B. (2009). An Alternative Approach to Sponsorship in Choosing Talented Sportsmen. *E-Journal of New World Sciences Academy*, 4(2), 105-114.
14. **Kafkas ME**, Karademir T, Acak M. (2009). The Effect of 12-Week Regular Aerobic and Resistance Exercises on the Body Composition of Middle-Aged Men and Women. *Niğde University Journal of Physical Education and Sport Sciences*. 3(1), 178-182.
15. Karademir T, Devecioğlu S, Çoban B, Acak M, **Kafkas ME**. (2009). Sectoral Approaches in Sports Sponsorship. *SPORMETRE-Journal of Physical Education and Sport Sciences*, 7(4), 151-157.
16. Karademir T, Çoban B, **Kafkas ME**, Mendeş B, Acak M. (2009). Evaluation of Burnout Status of Physical Education Teachers with Some Variables. *E-Journal of New World Sciences Academy*, 4(3), 178-196.

**5. Published in international conference proceedings/Abstract Book (in chronological order)**

1. **Kafkas ME**. The Philosophy of Resistance Training. Movement & Training Sciences. October 27-30 2022, İstanbul/Turkey (Keynote Speaker)
2. Mercan S & **Kafkas ME**. Investigation of Muscle Activation Values of Bulgarian Split Squat Movement Made with Different Equipments. 20<sup>th</sup> International Sport Sciences Congress, 28 November – 01 December 2022, Antalya/Turkey (Oral Presentation).
3. **Kafkas ME** and Kafkas A. Cancer and Exercise. 8<sup>th</sup> European Exercise is Medicine. September 20-21 2019, Amsterdam/Nederland (Oral Presentation)
4. Yılmaz N and **Kafkas ME**. The Effect of Different Grips during Olympic Barbell Bent-over Row Exercise on Some Selected Muscle EMG Activity. 11<sup>th</sup> EFSMA Congress of Sports Medicine. October 3-5 2019, Portoroz/Slovenia (Oral Presentation)
5. **Kafkas ME** and Yılmaz N. The Effect of Grip Width on Some Back Muscles EMG Activity during Olympic Barbell Bent-over Row Exercise. 11<sup>th</sup> EFSMA Congress of Sports Medicine. October 3-5 2019, Portoroz/Slovenia (Oral Presentation)
6. **Kafkas ME**. Hypertrophy Mechanism. International Conference of Personal Trainer, 15-17 March 2019, Istanbul (Turkey-Invited Presentation).
7. Eken Ö, and **Kafkas ME**. Acute Effect of Diurnal Variation on the Judo Specific Fitness Test, 16<sup>th</sup> International Sport Sciences Congress, 31-03 November 2018, Antalya (Turkey-Oral Presentation).

8. **Kafkas ME**, Çınarlı FS, and Yıldırım T. Investigation of the Relationship Between Muscle Pennate Angle and Some Selected Field Performance Tests, 16<sup>th</sup> International Sport Sciences Congress, 31-03 November 2018, Antalya (Turkey-Oral Presentation).
9. Kafkas A, Adanur O, and **Kafkas ME**. The Effect of Different Resting Ranges Given During High Intensity Interval Training on Muscle Damage and Some Hormone Parameters, 16<sup>th</sup> International Sport Sciences Congress, 31-03 November 2018, Antalya (Turkey-Oral Presentation).
10. Eken Ö, and **Kafkas ME**. Acute Effect of Judo Specific Warming on Uchikomi Fitness Test and Recovery Status, 16<sup>th</sup> International Sport Sciences Congress, 31-03 November 2018, Antalya (Turkey-Oral Presentation).
11. Çınarlı FS, **Kafkas ME**, and Yıldırım T. Investigation of the Relationship Between Rectus Femoris Muscle Architecture and Peak Power Performance Values at Different Angular Speeds. 16<sup>th</sup> International Sport Sciences Congress, 31-03 November 2018, Antalya (Turkey-Oral Presentation).
12. Çınarlı FS, **Kafkas ME**, Yılmaz N, Soylu AR. EMG Analysis of Muscle Activation at Different Phases During Czech Get-Up Exercise, 16<sup>th</sup> International Sport Sciences Congress, 31-03 November 2018, Antalya (Turkey-Oral Presentation).
13. **Kafkas ME**, Çınarlı FS, Yılmaz N, Soylu AR. Investigation of the sEMG Activity of Some Selected Muscles During Turkish Get-up Exercise, 16<sup>th</sup> International Sport Sciences Congress, 31-03 November 2018, Antalya (Turkey-Oral Presentation).
14. **Kafkas ME**. Exercise is Medicine. International Conference of Medical Fitness and Corrective Exercise, 28-30 September 2018, Istanbul (Turkey-Invited Presentation).
15. Kurt C., **Kafkas M.E.**, Kurtdere I., Selalmaz O. Influence of Traditional and Cluster Set Plyometric Warm ups on Reactive Strength Index and Leg Stiffness in Male Rugby Players, International Conference of Medical Fitness and Corrective Exercise, 28-30 September 2018, Istanbul (Turkey-Oral Presentation).
16. Eken Ö, and **Kafkas ME**. Acute Effect of Circadian Rhythm on Judo Uchikomi Fitness Test Performance, International Conference of Medical Fitness and Corrective Exercise, 28-30 September 2018, Istanbul (Turkey-Oral Presentation).
17. Çalışır M, and **Kafkas ME**. Exercise and Metabolic Cost, International Conference of Medical Fitness and Corrective Exercise, 28-30 September 2018, Istanbul (Turkey-Oral Presentation).

18. Eken Ö, and **Kafkas ME**. Acute Effect of Functional Warm up on The Judo Specific Fitness Test and Recovery Status, International Conference of Medical Fitness and Corrective Exercise, 28-30 September 2018, Istanbul (Turkey-Oral Presentation).
19. Bilgiç B., Kafkas A., and **Kafkas ME**. The Effect of Compression on Muscle Damage. International Conference of Medical Fitness and Corrective Exercise, 28-30 September 2018, Istanbul (Turkey-Oral Presentation).
20. Bilgiç B., Kafkas A., and **Kafkas ME**. The Effect of Active Recovery After Muscle Exercises on Muscle Damage, International Conference of Medical Fitness and Corrective Exercise, 28-30 September 2018, Istanbul (Turkey-Oral Presentation).
21. Kızılay F, and **Kafkas ME**. The Effect of Eccentric-Concentric Phase Time on Satellite Cell Activation in Resistance Training, International Conference of Medical Fitness and Corrective Exercise, 28-30 September 2018, Istanbul (Turkey-Oral Presentation).
22. Hancıoğlu S, and **Kafkas ME**. Kinetic Chain Approach for Medical Exercise, International Conference of Medical Fitness and Corrective Exercise, 28-30 September 2018, Istanbul (Turkey-Oral Presentation).
23. Çınarlı FS, Kafkas A, **Kafkas ME**. Relationship Between Linear Running Performance and Change of Direction Speed Performance. 22<sup>nd</sup> European College of Sport Science, 5-8 July 2017, Ruhr (Germany-Oral Presentation).
24. **Kafkas ME**. Variables Resistance Modalities: EMG Activity. European Conference on Science, Art & Culture, 19-22 October 2017, Prague (Czechia-Invited Presentation).
25. Kafkas A, Eken Ö, **Kafkas ME**. The Effects Of Diurnal Variation On Motoric Performance. World Congress of Sport Sciences Researches, 23-26 November 2017, Manisa (Turkey-Oral Presentation)
26. Aydın Y, Kafkas A, Çınarlı F, Adanur O, **Kafkas ME**. The Effects of Different Warming Protocols on Repeated Sprint Performance and Blood Lactate Level, European Conference on Science, Art & Culture, 19-22 October 2017, Prague (Czechia-Invited Presentation).
27. Çınarlı FS, **Kafkas ME**, Bastık C, Çimen O. Examination Of Body Composition And Biomotor Performance Parameters Of Turkish Table Tennis Young National Team Candidate Athletes, 15. International Sport Sciences Congress, 15-18 November 2017, Antalya (Turkey-Oral Presentation)

28. **Kafkas ME**, Çınarlı FS, Yılmaz N, Eken Ö, Kızılay F, Kayapınar M, Kafkas A. Waist Thickness: Age Factor, European Conference on Science, Art & Culture, 19-22 October 2017, Prague (Czechia-Oral Presentation).
29. Aydın Y, Kafkas A, Çınarlı F, Adanur O, **Kafkas ME**. The Effects of Different Warming Protocols on Explosive Force, European Conference on Science, Art & Culture, 19-22 October 2017, Prague (Czechia-Oral Presentation).
30. **Kafkas ME**, Çınarlı FS, Yılmaz N, Eken Ö, Kızılay F, Kayapınar M, Kafkas A. Relationship Between Sleeping Time And Body Composition, European Conference on Science, Art & Culture, 19-22 October 2017, Prague (Czechia-Oral Presentation).
31. Aydın Y, Kafkas A, Çınarlı F, Adanur O, **Kafkas ME**. Effect of Different Warming Protocols on Maximal Oxygen Consumption Capacity and Blood Lactate Level, European Conference on Science, Art & Culture, 19-22 October 2017, Prague (Czechia-Oral Presentation).
32. **Kafkas ME**, Çınarlı FS, Yılmaz N, Eken Ö, Kızılay F, Kayapınar M, Kafkas A. Examination of the Relationship Between Exercise Habits Time and Diabetes and Blood Pressure, European Conference on Science, Art & Culture, 19-22 October 2017, Prague (Czechia-Oral Presentation).
33. Çınarlı FS, Kafkas A, **Kafkas ME**. Relationship Between Leg Muscle Fiber Type Distribution and Motoric Performances. 8<sup>th</sup> International Scientific Conference on Kinesiology, 10-14 May 2017, Opatija (Croatia-Poster Presentation).
34. **Kafkas ME**, Kafkas A, Durmus, B, et al. The Effects of Kinesio Taping on Lateral Epicondyle Pain and Handgrip Muscle Strength During Tennis Tournament. 8<sup>th</sup> International Scientific Conference on Kinesiology, 10-14 May 2017, Opatija (Croatia-Oral Presentation).
35. **Kafkas ME**, Çınarlı FH, Bastık C, Çimen O. The Analysis of Relation between the Rates of Attack Stroke and Sub-Elite Tennis Players' Some Motoric Performances. 14<sup>th</sup> International Sport Sciences Congress, 01-04 November 2016, Antalya (Turkey-Oral Presentation).
36. Çınarlı FH, **Kafkas ME**. Examination of some Motoric Parameters Based on Somatotype Features. 14<sup>th</sup> International Sport Sciences Congress, 01-04 November 2016, Antalya (Turkey-Poster Presentation).
37. Kafkas A, Eken Ö, **Kafkas ME**. The Acute Effects of Different Warm up Protocols on 50 Meter Swimming Performance. 14<sup>th</sup> International

Sport Sciences Congress, 01-04 November 2016, Antalya (Turkey-Oral Presentation).

38. Kafkas A, Sahin FB, **Kafkas ME**. Effect of Educational Obesity and Physical Activity on Children's Knowledge of Obesity and Physical Activity. 14<sup>th</sup> International Sport Sciences Congress, 01-04 November 2016, Antalya (Turkey-Oral Presentation).
39. Kafkas A, **Kafkas ME**. Effect of Aquatic Exercises on Unilateral and Bilateral Muscle Imbalances. 14<sup>th</sup> International Sport Sciences Congress, 01-04 November 2016, Antalya (Turkey-Oral Presentation).
40. Çınarlı FH, Kafkas A, **Kafkas ME**. The Effect of Somatotype Character Differences on Cognitive and Locomotor Abilities. International Conference of Strategic Research in Social Science and Education, 14-16 October 2016, Antalya (Turkey-Oral Presentation).
41. Kafkas A, Eken Ö, **Kafkas ME**. Acute Effect of Static Stretching Duration and Diurnal Variation on 50-meter Swimming Performance. International Conference of Strategic Research in Social Science and Education, 14-16 October 2016, Antalya (Turkey-Oral Presentation).
42. Kafkas A, Eken Ö, **Kafkas ME**. Acute Effects of Different Warm up Protocols on Maximal Heart Rate. International Conference of Strategic Research in Social Science and Education, 14-16 October 2016, Antalya (Turkey-Oral Presentation).
43. **Kafkas ME**. Effect of Long Term Training Adaptation on Isokinetic Strength in College Male Volleyball Players. ERPA International Congresses on Education 2-4 June 2016, Sarajevo (Bosnia Herzegovina-Oral Presentation).
44. Özeren S, **Kafkas ME**. The Compare of Counter Movement Jump and Sprint Performance with Somatotype Character in 10-14 Basketball Players. ERPA International Congresses on Education 2-4 June 2016, Sarajevo (Bosnia Herzegovina-Oral Presentation).
45. Çınarlı FH, **Kafkas ME**. The Examining of WAnt and Yo Yo IR1 Performances with Somatotype Character in Sedanter Woman and Man. ERPA International Congresses on Education 2-4 June 2016, Sarajevo (Bosnia Herzegovina-Oral Presentation).
46. Kafkas A, Eken Ö, **Kafkas ME**. The Acute Effect of Static Stretching Duration on 50 Meter Crawl and Breaststroke Swimming Performance in Sub-Elite Woman Swimmers. ERPA International Congresses on Education 2-4 June 2016, Sarajevo (Bosnia Herzegovina-Oral Presentation).
47. Özeren S, **Kafkas ME**. The Examining Effect of Somatotype Character on Shooting Performance in 10-14 Aged Basketball Players. ERPA

International Congresses on Education 2-4 June 2016, Sarajevo (Bosnia Herzegovina-Oral Presentation).

48. Çınarlı FH, **Kafkas ME**. The Examining Effect of Somatotype Character on Anaerobic Performances in Sedanter Woman and Man. ERPA International Congresses on Education 2-4 June 2016, Sarajevo (Bosnia Herzegovina-Oral Presentation).
49. Kafkas A, Eken Ö, **Kafkas ME**. The Acute Effect of In-Water and Dry-Land Warm-up Protocols in Sub-Elite Women Swimmers. ERPA International Congresses on Education 2-4 June 2016, Sarajevo (Bosnia Herzegovina-Oral Presentation).
50. **Kafkas ME**, Kafkas A. Effect of Different Passing Training Methods on Forearm and Reception Passing Techniques in Males Volleyball Players. ERPA International Congresses on Education 4-6 June 2015, Athens (Greece-Oral Presentation).
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4. Deniz Ş, Davut Ö, **Kafkas ME**, et al., Examining The Dynamic Balance Scores of Individuals with Different Somatotype Characteristics. 16<sup>th</sup> National Anatomy Congress, 5-9 September 2014, Malatya (Turkey-Poster Presentation).
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