

## Assoc. Prof. DİCLE ARAS



### Personal Information

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**Web:** <https://avesis.ankara.edu.tr/daras>



### International Researcher IDs

ScholarID: jP-7eb8AAAAJ

ORCID: 0000-0002-9443-9860

Publons / Web Of Science ResearcherID: A-7301-2018

ScopusID: 56754850100

Yoksis Researcher ID: 121661

### Education Information

Doctorate, Ankara University, Sağlık Bilimleri Enstitüsü, Graduate School of Health Sciences, Physical Education and Sport, Turkey 2010 - 2014

Postgraduate, Ankara University, Sağlık Bilimleri Enstitüsü, Graduate School of Health Sciences, Movement and Training Sciences, Turkey 2008 - 2010

Undergraduate, Akdeniz University, Beden Eğitimi Ve Spor Yüksekokulu, Beden Eğitimi Ve Spor Öğretmenliği Bölümü, Turkey 2002 - 2007

### Biography

He completed his undergraduate education at Akdeniz University, School of Physical Education and Sports, in the department of physical education and sports teaching. He completed his master's and doctorate education in Ankara University Health Sciences Institute, movement and training sciences, and physical education and sports programs. Concentrating his academic studies on training theory, energy expenditure, sports physiology, fitness and sport climbing, Dicle Aras has international and national publications.

During his undergraduate education, he participated in the European Union EVS program for one year in Hamburg, Germany as a trainer for children's sports education. After his doctoral studies, he worked as a visiting scholar for postdoctoral research for one year in the Department of Kinesiology and Park, Tourism and Recreation Studies at Indiana University School of Public Health in the United States.

He has been working in the operating unit of a search and rescue organization since 2002, and continues his scientific studies in the Department of Coaching Education, Faculty of Sports Sciences, Ankara University.

### Foreign Languages

German, B2 Upper Intermediate

English, C2 Mastery

## Certificates, Courses and Trainings

Health&Medicine, İlk Yardım Eğitimi, First Aid, AFAD, 2022

Other, Spor Tırmanış Antrenörlük Kursu, Sports Climbing Coaching Course, Türkiye Dağcılık Federasyonu, 2020

## Dissertations

Doctorate, The Effect of Eight Weeks Sport Rock Climbing Training on Heart and Selected Physical and Physiological Parameters, Ankara University, Sağlık Bilimleri Enstitüsü, Graduate School of Health Sciences, Physical Education and Sport, 2014

Postgraduate, Investigation of Effects of Anxiety on Selected Physiological Parameters in Rock Climbing, Ankara University, Sağlık Bilimleri Enstitüsü, Graduate School of Health Sciences, Movement and Training Sciences, 2010

## Research Areas

Sports Sciences and Technology, Physical Education and Sports

## Academic Titles / Tasks

Associate Professor, Ankara University, Spor Bilimleri Fakültesi, Antrenörlük Eğitimi Bölümü, 2018 - Continues

Assistant Professor, Ankara University, Spor Bilimleri Fakültesi, Antrenörlük Eğitimi Bölümü, 2017 - 2018

Research Assistant, Ankara University, Spor Bilimleri Fakültesi, Antrenörlük Eğitimi Bölümü, 2010 - 2017

Research Assistant, Bolu Abant İzzet Baysal University, School Of Physical Education And Sports, 2009 - 2010

## Academic and Administrative Experience

Director of the Center, Ankara University, Spor Bilimleri Fakültesi, Antrenörlük Eğitimi Bölümü, 2021 - 2024

Vice Dean, Ankara University, Spor Bilimleri Fakültesi, Antrenörlük Eğitimi Bölümü, 2021 - 2022

Deputy Head of Department, Ankara University, Spor Bilimleri Fakültesi, Antrenörlük Eğitimi Bölümü, 2020 - 2020

## Courses

Training Theory, Undergraduate, 2024 - 2025, 2023 - 2024, 2022 - 2023

Sport Climbing, Undergraduate, 2023 - 2024, 2022 - 2023

Mountaineering, Undergraduate, 2023 - 2024

Sport Climbing, Undergraduate, 2023 - 2024, 2022 - 2023

Health and Exercise, Undergraduate, 2023 - 2024, 2021 - 2022

Research Techniques in Sport Sciences, Postgraduate, 2023 - 2024, 2022 - 2023

Hiking-Trekking, Undergraduate, 2023 - 2024

Sport Climbing, Undergraduate, 2023 - 2024, 2022 - 2023

Athlete's Health and First Aid, Undergraduate, 2023 - 2024

Sport Climbing IV, Undergraduate, 2023 - 2024

Training Practice and Tests (Practice), Postgraduate, 2023 - 2024

Hiking-Trekking, Undergraduate, 2023 - 2024, 2021 - 2022

Instructional Technologies, Undergraduate, 2023 - 2024

Scientific Research in Outdoor Sports, Doctorate, 2023 - 2024, 2021 - 2022

Outdoor Sports, Undergraduate, 2023 - 2024

Research Methods, Postgraduate, 2023 - 2024  
Training Theory, Undergraduate, 2023 - 2024, 2022 - 2023  
Knowledge of Health and First Aid, Undergraduate, 2023 - 2024, 2021 - 2022  
Hiking-Trekking, Undergraduate, 2023 - 2024, 2022 - 2023  
Outdoor Sports, Undergraduate, 2023 - 2024  
Training Practice and Tests, Postgraduate, 2023 - 2024  
First Aid, Undergraduate, 2023 - 2024, 2022 - 2023  
Spor Tırmanış III, Undergraduate, 2023 - 2024  
Human Anatomy and Kinesiology, Undergraduate, 2023 - 2024, 2022 - 2023  
Camping, Undergraduate, 2022 - 2023  
Sport Climbing II, Undergraduate, 2022 - 2023  
Performance Measurement Methods in Sport and Exercise, Doctorate, 2021 - 2022  
Rock Climbing, Undergraduate, 2021 - 2022  
Sport Climbing I, Undergraduate, 2022 - 2023  
Training Theory, Undergraduate, 2020 - 2021  
Training Application and Area Tests, Undergraduate, 2020 - 2021  
Fitness IV, Undergraduate, 2020 - 2021  
Fitness II, Undergraduate, 2020 - 2021  
Condition in Sports, Undergraduate, 2020 - 2021  
Fitness III, Undergraduate, 2020 - 2021  
Research Techniques, Undergraduate, 2020 - 2021  
Fitness I, Undergraduate, 2020 - 2021  
First Aid, Postgraduate, 2020 - 2021  
Condition in Sport, Undergraduate, 2020 - 2021  
Rock Climbing, Undergraduate, 2020 - 2021  
Exercise Physiology, Undergraduate, 2020 - 2021  
Human Anatomy and Physiology, Undergraduate, 2020 - 2021  
Research Techniques and Statistics, Undergraduate, 2020 - 2021  
Exercise Physiology, Undergraduate, 2020 - 2021  
Rekreasyon Liderliği, Undergraduate, 2020 - 2021  
Exercise Physiology I, Undergraduate, 2020 - 2021  
Search and Rescue Techniques, Postgraduate, 2019 - 2020

## Advising Theses

Aras D., Examining the Effects of Continuous Running Exercise at 80-85% of Maximum Heart Rate and Weighted Step-up Exercises on Cardiovascular Fitness, Heart Rate Variability, Leg Strength, and Body Composition in Sedentary Adult Men, Postgraduate, A.Şamil(Student), 2024  
Aras D., Effects of repeated sprint training in normobaric hypoxia on repeated sprint ability at normobaric hypoxic condition, Doctorate, A.BİROL(Student), 2022  
Aras D., Effects of creatine supplementation with wingate-based hiit on anaerobic strength, LEG strength, HEART rate variability, and body composition in Healthy adults, Postgraduate, T.NUR(Student), 2022  
Aras D., Comparison of different sprint performances with and without racquets in tennis players, Postgraduate, A.ÖNAL(Student), 2021  
Aras D., Investigation of the effects of mat pilates and apparatus pilates on some physical fitness parameters, posture, joint mobility and functional movement analysis in women, Doctorate, G.ÜNVER(Student), 2021  
Aras D., The effects of equipment-based pilates and slow breathing exercises on heart rate variability, respiration and omega parameters, Doctorate, S.ADIGÜZEL(Student), 2021  
Aras D., The effect of high intensity interval (HIIT) and moderate continuous training on selected physical and physiological parameters in women, Doctorate, K.ALTUNSOY(Student), 2021

Aras D., 2010-2014-2018 analysis of Fifa World Cup competitions in terms of various parameters with video analysis,  
Postgraduate, M.ANIL(Student), 2019

## **Jury Memberships**

Post Graduate, Post Graduate, Ankara Üniversitesi, October, 2024

Doctorate, Doctorate, Akdeniz Üniversitesi, August, 2024

Post Graduate, Post Graduate, Ankara Üniversitesi, June, 2024

Doctoral Examination, Doctoral Examination, Gazi Üniversitesi, May, 2024

PhD Thesis Monitoring Committee Member, PhD Thesis Monitoring Committee Member, Hacettepe Üniversitesi, May, 2024

Post Graduate, Post Graduate, Gazi Üniversitesi, January, 2024

PhD Thesis Monitoring Committee Member, PhD Thesis Monitoring Committee Member, Ankara Üniversitesi, January, 2024

Doctorate, Doctorate, Marmara Üniversitesi, December, 2023

Doctorate, Doctorate, Ankara Üniversitesi, June, 2023

Post Graduate, Post Graduate, Ankara Üniversitesi, June, 2023

Doctorate, Doctorate, Ankara Üniversitesi, May, 2023

Doctoral Examination, Doctoral Examination, Gazi Üniversitesi, May, 2023

Doctoral Examination, Doctoral Examination, Gazi Üniversitesi, May, 2023

Doctoral Examination, Doctoral Examination, Gazi Üniversitesi, May, 2023

PhD Thesis Monitoring Committee Member, PhD Thesis Monitoring Committee Member, Ankara Üniversitesi, May, 2023

Doctorate, Doctorate, Ankara Üniversitesi, April, 2023

Doctoral Examination, Doctoral Examination, Akdeniz Üniversitesi, February, 2023

Doctorate, Doctorate, Ankara Üniversitesi, December, 2022

Doctorate, Doctorate, Ankara Üniversitesi, December, 2022

Doctorate, Doctorate, Ankara Üniversitesi, November, 2022

Post Graduate, Post Graduate, Ankara Üniversitesi, November, 2022

Post Graduate, Post Graduate, Akdeniz Üniversitesi, July, 2022

Post Graduate, Post Graduate, Akdeniz Üniversitesi, July, 2022

PhD Thesis Monitoring Committee Member, PhD Thesis Monitoring Committee Member, Ankara Üniversitesi, July, 2022

Doctoral Examination, Doctoral Examination, Ankara Üniversitesi, June, 2022

Post Graduate, Post Graduate, Akdeniz Üniversitesi, June, 2022

PhD Thesis Monitoring Committee Member, PhD Thesis Monitoring Committee Member, Ankara Üniversitesi, June, 2022

PhD Thesis Monitoring Committee Member, PhD Thesis Monitoring Committee Member, Ankara Üniversitesi, June, 2022

Doctorate, Doctorate, Ankara Üniversitesi, June, 2022

PhD Thesis Monitoring Committee Member, PhD Thesis Monitoring Committee Member, Ankara Üniversitesi, February, 2022

PhD Thesis Monitoring Committee Member, PhD Thesis Monitoring Committee Member, Ankara Üniversitesi, February, 2022

Doctorate, Doctorate, Ankara Üniversitesi, January, 2022

Doctorate, Doctorate, Ankara Üniversitesi, January, 2022

Post Graduate, Post Graduate, Akdeniz Üniversitesi, January, 2022

PhD Thesis Monitoring Committee Member, PhD Thesis Monitoring Committee Member, Ankara Üniversitesi, November, 2021

Doctorate, Doctorate, Ankara Üniversitesi, September, 2021

Doctoral Examination, Doctoral Examination, Akdeniz Üniversitesi, July, 2021

Doctoral Examination, Doctoral Examination, Akdeniz Üniversitesi, July, 2021

Doctorate, Doctorate, Ankara Üniversitesi, July, 2021

Doctorate, Doctorate, Ankara Üniversitesi, June, 2021

PhD Thesis Monitoring Committee Member, PhD Thesis Monitoring Committee Member, Ankara Üniversitesi, June, 2021  
Doctorate, Doctorate, Ankara Üniversitesi, May, 2021  
PhD Thesis Monitoring Committee Member, PhD Thesis Monitoring Committee Member, Ankara Üniversitesi, February, 2021  
Doctorate, Doctorate, Ankara Üniversitesi, February, 2021  
Doctorate, Doctorate, Ankara Üniversitesi, January, 2021  
Post Graduate, Post Graduate, Ankara Üniversitesi, January, 2021  
Doctorate, Doctorate, Ankara Üniversitesi, January, 2021  
Doctorate, Doctorate, Ankara Üniversitesi, January, 2021  
PhD Thesis Monitoring Committee Member, PhD Thesis Monitoring Committee Member, Ankara Üniversitesi, December, 2020  
PhD Thesis Monitoring Committee Member, PhD Thesis Monitoring Committee Member, Ankara Üniversitesi, November, 2020  
PhD Thesis Monitoring Committee Member, PhD Thesis Monitoring Committee Member, Ankara Üniversitesi, June, 2020  
PhD Thesis Monitoring Committee Member, PhD Thesis Monitoring Committee Member, Ankara Üniversitesi, June, 2020  
PhD Thesis Monitoring Committee Member, PhD Thesis Monitoring Committee Member, Ankara Üniversitesi, June, 2020  
PhD Thesis Monitoring Committee Member, PhD Thesis Monitoring Committee Member, Ankara Üniversitesi, June, 2020  
PhD Thesis Monitoring Committee Member, PhD Thesis Monitoring Committee Member, Ankara Üniversitesi, May, 2020  
Doctoral Examination, Doctoral Examination, Ankara Üniversitesi, May, 2020  
Doctoral Examination, Doctoral Examination, Ankara Üniversitesi, January, 2020  
Doctoral Examination, Doctoral Examination, Ankara Üniversitesi, January, 2020  
Doctoral Examination, Doctoral Examination, Ankara Üniversitesi, January, 2020  
Doctoral Examination, Doctoral Examination, Ankara Üniversitesi, January, 2020  
Post Graduate, Post Graduate, Ankara Üniversitesi, August, 2019  
Post Graduate, Post Graduate, Ankara Üniversitesi, July, 2019  
Post Graduate, Post Graduate, Ankara Üniversitesi, July, 2019  
Doctoral Examination, Doctoral Examination, Ankara Üniversitesi, July, 2019  
Post Graduate, Post Graduate, Akdeniz Üniversitesi, June, 2019  
Post Graduate, Post Graduate, Ankara Üniversitesi, June, 2019  
Post Graduate, Post Graduate, Akdeniz Üniversitesi, June, 2019  
PhD Thesis Monitoring Committee Member, PhD Thesis Monitoring Committee Member, Ankara Üniversitesi, June, 2019  
Post Graduate, Post Graduate, Ankara Üniversitesi, June, 2019  
Doctoral Examination, Doctoral Examination, Akdeniz Üniversitesi, June, 2019  
Post Graduate, Post Graduate, Akdeniz Üniversitesi, June, 2019  
Post Graduate, Post Graduate, Akdeniz Üniversitesi, June, 2019  
Doctoral Examination, Doctoral Examination, Ankara Üniversitesi, May, 2019  
Doctoral Examination, Doctoral Examination, Ankara Üniversitesi, May, 2019  
Post Graduate, Post Graduate, Akdeniz Üniversitesi, January, 2019  
Post Graduate, Post Graduate, Akdeniz Üniversitesi, December, 2018  
Doctorate, Doctorate, Ankara Üniversitesi, August, 2018  
Post Graduate, Post Graduate, Akdeniz Üniversitesi, June, 2018  
Post Graduate, Post Graduate, Akdeniz Üniversitesi, June, 2018  
Doctorate, Doctorate, Ankara Üniversitesi, June, 2018  
Doctorate, Doctorate, Ankara Üniversitesi, June, 2018  
Post Graduate, Post Graduate, Akdeniz Üniversitesi, May, 2018  
Doctorate, Doctorate, Ankara Üniversitesi, May, 2018  
Post Graduate, Post Graduate, Muğla Sıtkı Koçman Üniversitesi, March, 2018  
Post Graduate, Post Graduate, Kırıkkale Üniversitesi, January, 2018  
Post Graduate, Post Graduate, Ankara Üniversitesi, July, 2017  
Doctorate, Doctorate, Ankara Üniversitesi, May, 2017  
Doctoral Examination, Doctoral Examination, Ankara Üniversitesi, July, 2016

## Taught Courses And Trainings

Aras D., Personal Coaching Education, 2023 - 2023

Aras D., Sport Climbing Education, 2023 - 2023

## Published journal articles indexed by SCI, SSCI, and AHCI

- I. **Three sessions of repeated sprint training in normobaric hypoxia improves sprinting performance**  
Biral A., Aras D., Akalan C., Aldhahi M. I., Gülü M.  
HELIYON, vol.10, no.e27607, pp.1-9, 2024 (SCI-Expanded)
- II. **Investigation of sports participation motivation in people with disabilities: a cross-sectional study of individuals with physical and hearing impairments**  
Ayyıldız E., Aras D., Yağın F. H., Gülü M., Yapıcı H., Alwhaibi R.  
BMC SPORTS SCIENCE, MEDICINE AND REHABILITATION, vol.16, no.56, pp.1-9, 2024 (SCI-Expanded)
- III. **Investigation of the Effects of Mat Pilates and Apparatus Pilates on some Physical Fitness Parameters, Posture, Joint Mobility and Functional Movement Analysis in Women**  
Ünver G., Aras D.  
PHYSIKALISCHE MEDIZIN REHABILITATIONSMEDIZIN KURORTMEDIZIN, vol.33, pp.1-10, 2023 (SCI-Expanded)
- IV. **Comparative effectiveness of 10-week equipment-based pilates and diaphragmatic breathing exercise on heart rate variability and pulmonary function in young adult healthy women with normal BMI – a quasi-experimental study**  
Adıgüzel S., Aras D., Gülü M., Aldhahi M. I., Alqahtani A. S., Al-Mhanna S. B.  
BMC SPORTS SCIENCE, MEDICINE AND REHABILITATION, vol.15, no.82, pp.1-11, 2023 (SCI-Expanded)
- V. **A brief body scan mindfulness practice has no positive effect on the recovery of heart rate variability and cognitive tasks in female professional basketball players**  
ARAS D., Onlu A. S., DURMUŞ T., CENGİZ C., GÜLER D., Guler Y., UĞURLU A., Aldhahi M. I. I., Gulu M.  
FRONTIERS IN PSYCHOLOGY, vol.14, 2023 (SSCI)
- VI. **Plyometric Training in Normobaric Hypoxia improves Jump Performance**  
Coşkun B., Aras D., Akalan C., Kocak S., Hamlin M. J.  
INTERNATIONAL JOURNAL OF SPORTS MEDICINE, vol.43, no.06, pp.519-525, 2022 (SCI-Expanded)
- VII. **ONE WEEK OF LOW OR MODERATE DOSES OF CAFFEINATED COFFEE CONSUMPTION DOES NOT INDUCE TOLERANCE TO THE ACUTE EFFECTS OF CAFFEINE ON SPRINT PERFORMANCE**  
Karayiğit R. \*, Aras D.  
EUROPEAN JOURNAL OF HUMAN MOVEMENT, vol.47, pp.49-60, 2021 (SCI-Expanded)
- VIII. **Different Doses of Carbohydrate Mouth Rinse Have No Effect on Exercise Performance in Resistance Trained Women**  
Karayiğit R., Forbes S. C., Naderi A., Candow D. G., Yıldırım U. C., Akça F., Aras D., Yaşlı B. Ç., Sisman A., Mor A., et al.  
INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH, vol.18, no.7, 2021 (SCI-Expanded)
- IX. **Effects of Aerobic and Anaerobic Fatigue Exercises on Postural Control and Recovery Time in Female Soccer Players**  
GÜLER Ö., ARAS D., AKÇA F., Bianco A., Lavanco G., Paoli A., ŞAHİN F. N.  
INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH, vol.17, no.17, 2020 (SCI-Expanded)
- X. **Effect of Coach Encouragement on the Psychophysiological and Performance Responses of Young Tennis Players**  
Kilit B., ARSLAN E., AKÇA F., ARAS D., SOYLU Y., Clemente F. M., Nikolaidis P. T., Rosemann T., Knechtle B.  
INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH, vol.16, no.18, 2019 (SCI-Expanded)
- XI. **The effects of active recovery and carbohydrate intake on HRV during 48 hours in athletes after a**

### **vigorous-intensity physical activity**

ARAS D., Karakoc B., Koz M., Bizati O.

SCIENCE & SPORTS, vol.32, no.5, pp.295-302, 2017 (SCI-Expanded)

- XII. **Sport climbing as a means to improve health-related physical fitness parameters**  
ARAS D., AKALAN C.  
JOURNAL OF SPORTS MEDICINE AND PHYSICAL FITNESS, vol.56, no.11, pp.1304-1310, 2016 (SCI-Expanded)
- XIII. **Comparison of body composition, heart rate variability, aerobic and anaerobic performance between competitive cyclists and triathletes**  
Arslan E., ARAS D.  
JOURNAL OF PHYSICAL THERAPY SCIENCE, vol.28, no.4, pp.1325-1329, 2016 (SCI-Expanded)
- XIV. **THE EFFECTS OF EIGHT WEEKS SPORT ROCK CLIMBING TRAINING ON ANXIETY**  
ARAS D., Ewert A. W.  
ACTA MEDICA MEDITERRANEA, vol.32, no.1, pp.223-230, 2016 (SCI-Expanded)
- XV. **THE CHANGES ON THE HRV AFTER A WINGATE ANAEROBIC TEST IN DIFFERENT SIMULATED ALTITUDES IN HEALTHY, PHYSICALLY-ACTIVE ADULTS**  
ARAS D., COŞKUN B.  
ACTA MEDICA MEDITERRANEA, vol.32, no.5, 2016 (SCI-Expanded)
- XVI. **COMPARISON OF ROWING PERFORMANCE IMPROVEMENTS FOLLOWING VARIOUS HIGH-INTENSITY INTERVAL TRAININGS**  
AKÇA F., ARAS D.  
JOURNAL OF STRENGTH AND CONDITIONING RESEARCH, vol.29, no.8, pp.2249-2254, 2015 (SCI-Expanded)
- XVII. **The effect of anxiety about falling on selected physiological parameters with different rope protocols in sport rock climbing**  
ARAS D., Akalan C.  
JOURNAL OF SPORTS MEDICINE AND PHYSICAL FITNESS, vol.54, no.1, pp.1-8, 2014 (SCI-Expanded)

### **Articles Published in Other Journals**

- I. **Development of Nutrition Awareness Inventory in Sports**  
Aras D., Filiz B., Erdoğan T. N., Yavaş Ö., Aras Ç., Birol A.  
Gümüşhane Üniversitesi Sağlık Bilimleri Dergisi, vol.13, no.3, pp.1377-1392, 2024 (Peer-Reviewed Journal)
- II. **EFFECTS OF SPIRULINA ON EXERCISE AND SPORTS PERFORMANCE**  
Aras D., Erdoğan T. N.  
SPORMETRE BEDEN EĞİTİMİ VE SPOR BİLİMLERİ DERGİSİ, vol.22, no.3, pp.231-244, 2024 (Peer-Reviewed Journal)
- III. **The impact of physical activity on treatment modalities and symptom severity in individuals with COVID-19**  
Coşkun B., Koç M., Macit Ö., Sarıtaş N., Kemalöglü C. A., Aras D., Öztürk A.  
SPORT SCIENCES FOR HEALTH, vol.1, pp.1-11, 2023 (ESCI)
- IV. **A REVIEW ON THE EFFECTS OF AEROBIC, FLEXIBILITY AND STRENGTH EXERCISE ON CHILDREN WITH CEREBRAL PALSY**  
Erdoğan T. N., Önlü A. Ş., Çakan E., Aras D.  
Niğde Üniversitesi Beden Eğitimi ve Spor Bilimleri Dergisi, vol.17, no.2, pp.147-178, 2023 (Peer-Reviewed Journal)
- V. **HEART RATE VARIABILITY AND ITS CHRONIC RESPONSES TO EXERCISE**  
Aras D., Erdoğan T. N., Birol A., Ayvaz Ö.  
SPORMETRE BEDEN EĞİTİMİ VE SPOR BİLİMLERİ DERGİSİ, vol.20, no.4, pp.1-40, 2022 (Peer-Reviewed Journal)
- VI. **Comparison of Different Sprint Performances with and Without Racquets in Tennis Players**  
Önal A., Aras D.  
ASIAN EXERCISE AND SPORT SCIENCE JOURNAL (AESJ), vol.6, no.1, pp.84-93, 2022 (Peer-Reviewed Journal)
- VII. **THE RELATIONSHIP BETWEEN THE MATCH ANALYSIS RESULTS AND RANKING OF SUCCESS IN**

## **TURKISH SPOR TOTO FOOTBALL SUPER LEAGUE**

Dag A., ÖZÇELİK M. A., Celebi F., ARAS D., TOKTAŞ N.

KINESIOLOGIA SLOVENICA, vol.28, no.1, pp.156-168, 2022 (ESCI)

- VIII. **ACUTE AND CHRONIC EFFECTS OF PRE-SLEEP PROTEIN INTAKE ON MUSCLE PROTEIN SYNTHESIS, MASS AND STRENGTH**  
Erdoğan T. N., Aras D.  
SPORMETRE BEDEN EĞİTİMİ VE SPOR BİLİMLERİ DERGİSİ, vol.19, no.3, pp.30-50, 2021 (Peer-Reviewed Journal)
- IX. **The Validity and Reliability of the Turkish Version of the Revised Competitive Sport Anxiety Inventory-2**  
Kürkcü Akgönül E., Yavaş Tez Ö., Aras D.  
Eurasian Journal of Sport Sciences and Education, vol.3, no.1, pp.61-80, 2021 (Peer-Reviewed Journal)
- X. **The effects of six-week slow, controlled breathing exercises on heart rate variability in physically active, healthy individuals**  
Surucu C. E., Guner S., Cuce C., ARAS D., AKÇA F., ARSLAN E., Birol A., UĞURLU A.  
PEDAGOGY OF PHYSICAL CULTURE AND SPORTS, vol.25, no.1, pp.4-9, 2021 (ESCI)
- XI. **Impact of the "Chalk" on perceived visual quality and the willingness to climb: a research on sports climbing**  
ÇETİNKAYA G., Gungor A., ARAS D.  
PEDAGOGY OF PHYSICAL CULTURE AND SPORTS, vol.25, no.1, pp.15-23, 2021 (ESCI)
- XII. **Acute changes in energy expenditure and heart rate variability during and right after one hour of hatha yoga practice**  
Tuna M. E., ARAS D., Aras N., ÖZÇELİK M. A., AKTOP A.  
Polish Journal of Sport and Tourism, vol.27, no.4, pp.29-35, 2020 (Scopus)
- XIII. **AN EXAMINATION OF THE RELATIONSHIP BETWEEN FUNCTIONAL MOVEMENT ASSESSMENT SCORES AND INJURIES IN SOCCER PLAYERS**  
Güler Ö., Güllü M., Aras D., Akça F.  
İğdir Üniversitesi Spor Bilimleri Dergisi, vol.3, no.1, pp.37-43, 2020 (Peer-Reviewed Journal)
- XIV. **A Review on the Evaluation of Balance By Means of Posturographic Measurements in Sport Players**  
Baydan M., Aras D.  
Gazi Beden Eğitimi ve Spor Bilimleri Dergisi, vol.25, no.3, pp.141-148, 2020 (Peer-Reviewed Journal)
- XV. **What do Turkish sports science students know about dental trauma and mouthguards? A descriptive study**  
Özşin Özler C., Doğan B., Bilgin E., Demirhan G., Aras D., Çetin E., Şimşek H., Uzamış Tekçiçek M.  
Acta Odontologica Turcica, vol.37, no.2, pp.29-35, 2020 (Peer-Reviewed Journal)
- XVI. **EFFECTS OF COGNITIVE FATIGUE ON EXERCISE AND SPORT PERFORMANCE**  
Aras D., Yiğit S., Kayam S., Arslan E., Akça F.  
SPORMETRE BEDEN EĞİTİMİ VE SPOR BİLİMLERİ DERGİSİ, vol.18, no.1, pp.1-32, 2020 (Peer-Reviewed Journal)
- XVII. **ACUTE CHANGES ON ENERGY EXPENDITURE AND HEART RATE VARIABILITY DURING AND RIGHT AFTER ONE-HOUR OF HATHA YOGA PRACTICE**  
TUNA M. E., ARAS D., ARAS N., ÖZÇELİK M. A., AKTOP A.  
POLISH JOURNAL OF SPORT AND TOURISM, vol.27, no.4, pp.33-39, 2020 (Scopus)
- XVIII. **Four-week of local electromyostimulation training on fingerboard increases the isokinetic wrist strength and endurance**  
ARAS D., Gul S., AKÇA F., Gulu M., GÜLER Ö., Bildircin C. C., ARSLAN E., ÇETİNKAYA G.  
PHYSICAL EDUCATION OF STUDENTS, vol.24, no.3, pp.127-134, 2020 (ESCI)
- XIX. **THE EFFECTS OF NITRATE CONSUMPTION THROUGH BEETROOT JUICE ON PHYSIOLOGICAL PERFORMANCE AND HEALTH**  
Aydın R., Akça F., Aras D., Baydan M.  
SPORMETRE BEDEN EĞİTİMİ VE SPOR BİLİMLERİ DERGİSİ, vol.17, no.4, pp.14-17, 2019 (Peer-Reviewed Journal)
- XX. **The Relation of Body Composition and Riding Techniques With Success In Equestrian Sports**  
Bingöl Diedhiou A., Aras D., Akalan C.



journal of sports education, vol.3, no.3, pp.88-94, 2019 (Peer-Reviewed Journal)

- XXI. **The effect of strength and endurance training on SSTR2 and SSTR5 in patients with colorectal cancer**  
Zanjani F. S., Gaeni A. A., ARAS D., AKALAN C.  
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POLISH JOURNAL OF SPORT AND TOURISM, Journal Indexed in ESCI, November 2022  
Spor Hekimlięi Dergisi, National Scientific Refreed Journal, July 2022  
JOURNAL OF SPORTS SCIENCES, SCI Journal, May 2022  
Pamukkale Journal of Sport Sciences, National Scientific Refreed Journal, March 2022  
AKDENİZ SPOR BİLİMLERİ DERGİSİ, National Scientific Refreed Journal, February 2022  
ROL SPOR BİLİMLERİ DERGİSİ, National Scientific Refreed Journal, October 2021  
Project Supported by Higher Education Institutions, BAP Research Project, Akdeniz University, Turkey, August 2021  
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Project Supported by Higher Education Institutions, BAP Research Project, Akdeniz University, Turkey, March 2021  
Project Supported by Higher Education Institutions, BAP Research Project, Ege University, Turkey, March 2021  
Project Supported by Higher Education Institutions, BAP Research Project, Akdeniz University, Turkey, March 2021  
Spor Hekimlięi Dergisi, National Scientific Refreed Journal, February 2021  
SPORMETRE BEDEN EĞİTİMİ VE SPOR BİLİMLERİ DERGİSİ, National Scientific Refreed Journal, December 2020  
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ANKARA UNIVERSITY FACULTY OF EDUCATIONAL SCIENCES JOURNAL OF SPECIAL EDUCATION, Journal Indexed in  
ESCI, October 2020  
SPORMETRE BEDEN EĞİTİMİ VE SPOR BİLİMLERİ DERGİSİ, National Scientific Refreed Journal, September 2020  
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SPORMETRE BEDEN EĞİTİMİ VE SPOR BİLİMLERİ DERGİSİ, National Scientific Refreed Journal, July 2020  
Cogent Psychology, Journal Indexed in ESCI, July 2020  
EUROPEAN JOURNAL OF SPORT SCIENCE, SCI Journal, July 2020  
SPORMETRE BEDEN EĞİTİMİ VE SPOR BİLİMLERİ DERGİSİ, National Scientific Refreed Journal, July 2020  
SPORMETRE BEDEN EĞİTİMİ VE SPOR BİLİMLERİ DERGİSİ, National Scientific Refreed Journal, June 2020  
ANKARA UNIVERSITY FACULTY OF EDUCATIONAL SCIENCES JOURNAL OF SPECIAL EDUCATION, Journal Indexed in  
ESCI, April 2020  
Project Supported by Higher Education Institutions, BAP Research Project, Hacettepe University, Turkey, March 2020  
Spor Bilimleri Arařtırmaları Dergisi, National Scientific Refreed Journal, February 2020  
SPORMETRE BEDEN EĞİTİMİ VE SPOR BİLİMLERİ DERGİSİ, National Scientific Refreed Journal, February 2020  
SPORMETRE BEDEN EĞİTİMİ VE SPOR BİLİMLERİ DERGİSİ, National Scientific Refreed Journal, February 2020  
Project Supported by Higher Education Institutions, BAP Research Project, Akdeniz University, Turkey, February 2020  
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Project Supported by Higher Education Institutions, BAP Research Project, Akdeniz University, Turkey, December 2019  
Project Supported by Higher Education Institutions, BAP Research Project, Akdeniz University, Turkey, December 2019  
Project Supported by Higher Education Institutions, BAP Research Project, Erciyes University, Turkey, December 2019  
SPORMETRE BEDEN EĞİTİMİ VE SPOR BİLİMLERİ DERGİSİ, National Scientific Refreed Journal, November 2019  
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EUROPEAN JOURNAL OF SPORT SCIENCE, SCI Journal, November 2019



Project Supported by Higher Education Institutions, BAP Research Project, Akdeniz University, Turkey, November 2019  
SPORMETRE BEDEN EĞİTİMİ VE SPOR BİLİMLERİ DERGİSİ, National Scientific Refreed Journal, October 2019  
SPORMETRE BEDEN EĞİTİMİ VE SPOR BİLİMLERİ DERGİSİ, National Scientific Refreed Journal, October 2019  
EC PSYCHOLOGY AND PSYCHIATRY, Other journals, October 2019  
PERCEPTUAL AND MOTOR SKILLS, SCI Journal, October 2019  
SPORMETRE BEDEN EĞİTİMİ VE SPOR BİLİMLERİ DERGİSİ, National Scientific Refreed Journal, September 2019  
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Spor Hekimliği Dergisi, National Scientific Refreed Journal, July 2019  
SPORMETRE BEDEN EĞİTİMİ VE SPOR BİLİMLERİ DERGİSİ, National Scientific Refreed Journal, June 2019  
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ANKARA UNIVERSITY FACULTY OF EDUCATIONAL SCIENCES JOURNAL OF SPECIAL EDUCATION, Journal Indexed in  
ESCI, May 2019  
SPORMETRE BEDEN EĞİTİMİ VE SPOR BİLİMLERİ DERGİSİ, National Scientific Refreed Journal, May 2019  
Central European Journal of Sport Sciences and Medicine, SCI Journal, May 2019  
SPORMETRE BEDEN EĞİTİMİ VE SPOR BİLİMLERİ DERGİSİ, National Scientific Refreed Journal, April 2019  
SPORMETRE BEDEN EĞİTİMİ VE SPOR BİLİMLERİ DERGİSİ, National Scientific Refreed Journal, March 2019  
COGENT MEDICINE, SCI Journal, March 2019  
SPORMETRE BEDEN EĞİTİMİ VE SPOR BİLİMLERİ DERGİSİ, National Scientific Refreed Journal, February 2019  
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SPORMETRE BEDEN EĞİTİMİ VE SPOR BİLİMLERİ DERGİSİ, National Scientific Refreed Journal, October 2018  
INTERNATIONAL JOURNAL OF APPLIED EXERCISE PHYSIOLOGY, Journal Indexed in ESCI, September 2018  
SPORMETRE BEDEN EĞİTİMİ VE SPOR BİLİMLERİ DERGİSİ, National Scientific Refreed Journal, September 2018  
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SPORMETRE BEDEN EĞİTİMİ VE SPOR BİLİMLERİ DERGİSİ, National Scientific Refreed Journal, February 2018  
JOURNAL OF EDUCATION AND TRAINING STUDIES, SCI Journal, February 2018  
SPORMETRE BEDEN EĞİTİMİ VE SPOR BİLİMLERİ DERGİSİ, National Scientific Refreed Journal, January 2018  
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SPORMETRE BEDEN EĞİTİMİ VE SPOR BİLİMLERİ DERGİSİ, National Scientific Refreed Journal, March 2017  
EUROPEAN JOURNAL OF SPORT SCIENCE, SCI Journal, October 2016  
JOURNAL OF SPORTS SCIENCES, SCI Journal, June 2016  
WILDERNESS AND ENVIRONMENTAL MEDICINE, SCI Journal, October 2015

## Metrics

Publication: 127  
Citation (WoS): 153  
Citation (Scopus): 148  
H-Index (WoS): 7  
H-Index (Scopus): 8

## Congress and Symposium Activities

International Conference on Physical Education and Sport Science, Attendee, Abu Dhabi, United Arab Emirates, 2023  
21st International Conference of Sport Science, Physical Education and Health, Attendee, Belgrade, Serbia, 2022  
21st International Conference of Sport Science, Physical Education and Health, Attendee, Belgrade, Serbia, 2022  
21st International Conference of Sport Science, Physical Education and Health, Attendee, Belgrade, Serbia, 2022  
23rd International Scientific Conference "FIS COMMUNICATIONS 2021", Attendee, Nish, Serbia, 2021  
12th Conference of Baltic Society of Sport Sciences, Attendee, Vilnius, Lithuania, 2019  
9th International Mountain and Outdoor Sports Conference, Attendee, Praha, Czech Republic, 2018  
1st International Congress on Sports, Anthropology, Nutrition, Anatomy and Radiology, Attendee, Nevşehir, Turkey, 2018  
1st International Congress on Sports, Anthropology, Nutrition, Anatomy and Radiology , Attendee, Nevşehir, Turkey, 2018  
International Conference on Physical Education and Sport Science, Attendee, Massachusetts, United States Of America, 2017  
15th International Sport Sciences Congress, Attendee, Antalya, Turkey, 2017  
14th International Sport Sciences Congress. Poster session, Attendee, Antalya, Turkey, 2016  
3rd Rock Climbing Research Congress, Attendee, Colorado, United States Of America, 2016  
16th Edition of International Scientific Conference "Perspectives in Physical Education and Sport", Working Group, Constanta, Romania, 2016  
16th Edition of International Scientific Conference "Perspectives in Physical Education and Sport", Attendee, Constanta, Romania, 2016  
16th Edition of International Scientific Conference "Perspectives in Physical Education and Sport", Session Moderator, Constanta, Romania, 2016  
The 3rd International Watsu Conference, Attendee, Krakow, Poland, 2015  
3rd International Watsu Conference, Working Group, Krakow, Poland, 2015  
3rd International Conference on Science Culture and Sport, Attendee, Sarajevo, Bosnia And Herzegovina, 2014  
The 55th ICHPER•SD Anniversary World Congress & Exposition, Attendee, İstanbul, Turkey, 2013  
The 13th Asian Federation of Sports Medicine Congress, Attendee, Kuala-Lumpur, Malaysia, 2013  
The 13th Asian Federation of Sports Medicine Congress, Attendee, Kuala-Lumpur, Malaysia, 2013  
12th International Sport Sciences Congress, Attendee, Denizli, Turkey, 2012  
12th International Sport Sciences Congress, Attendee, Denizli, Turkey, 2012  
XXXII World Congress of Sport Medicine: Sports Medicine, the challenge for global health: Quo Vadis?, Attendee, Rome, Italy, 2012  
11th International Sport Sciences Congress, Attendee, Antalya, Turkey, 2010

15th Annual Congress of the European College of Sports Science, Attendee, Antalya, Turkey, 2010

## **Awards**

Erdođmuş T. N., Aras D., Gülü M., Best Presentation for Effect of High Intensity Interval Training and Creatine Intake on anaerobic Power and Muscle Strength, Institute For Engineers And Research Publication World (International Conference On Physical Education And Sport), August 2023

Aras D., Best poster presentation, 17Th International Sport Sciences Congress, November 2019

Aras D., Best poster presentation, 5Th International Sport Sciences Tourism & Recreation Student Congress, May 2018

Aras D., Beden Eğitimi ve Spor Öğretmenliği Bölüm Birinciliđi, Akdeniz Üniversitesi, May 2007

Aras D., Beden Eğitimi ve Spor Yüksekokulu İkinciliđi, Akdeniz Üniversitesi, May 2007

## **Non Academic Experience**

Non-profit Organisation, Search and Rescue Association, Operating unit membership

Professional Organization, Turkish Anti-Doping Commission, Doping Control

Indiana Üniversitesi Halk Sağlığı Okulu

Company, 9+ Outdoor Sports, Secretariat