

Prof. FIRAT AKÇA

Personal Information

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International Researcher IDs

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Publons / Web Of Science ResearcherID: ABH-4153-2020

ScopusID: 56027074300

Yoksis Researcher ID: 43864

Education Information

Doctorate, Gazi University, Sağlık Bilimleri Enstitüsü, Beden Eğitimi Ve Spor (Dr), Turkey 2006 - 2010

Postgraduate, Ankara University, Sağlık Bilimleri Enstitüsü, Hareket Ve Antrenman Bilimleri (YI) (Tezli), Turkey 2004 - 2006

Undergraduate, Hacettepe University, Spor Bilimleri Ve Teknolojisi Yüksekokulu, Spor Bilimleri Ve Teknolojisi Pr., Turkey 1998 - 2004

Foreign Languages

English, C2 Mastery

Dissertations

Doctorate, Kürek sporunda performans tahmin formülü oluşturmada kullanılabilir fiziksel ve fizyolojik parametrelerin belirlenmesi, Gazi University, Sağlık Bilimleri Enstitüsü, Beden Eğitimi Ve Spor (Dr), 2010

Postgraduate, Türkiye Kano Milli Takımı durgunsu kayakçıların antropometrik-somatotip özellikleri ve çeşitli performans testi sonuçlarının performansla ilişkisinin incelenmesi, Ankara University, Sağlık Bilimleri Enstitüsü, Hareket Ve Antrenman Bilimleri (YI) (Tezli), 2005

Research Areas

Sports Sciences and Technology, Coaching, Sports Health Sciences, Sport Physiology

Academic Titles / Tasks

Professor, Ankara University, Spor Bilimleri Fakültesi, Antrenörlük Eğitimi Bölümü, 2022 - Continues

Associate Professor, Ankara University, Spor Bilimleri Fakültesi, Antrenörlük Eğitimi Bölümü, 2015 - Continues

Assistant Professor, Ankara University, Spor Bilimleri Fakültesi, Antrenörlük Eğitimi Bölümü, 2013 - 2015

Research Assistant, Ankara University, Spor Bilimleri Fakültesi, Antrenörlük Eğitimi Bölümü, 2007 - 2013
Research Assistant PhD, Oxford Brookes University, Faculty of Health and Life Sciences, Sport and Exercise Sciences, 2010 - 2011

Academic and Administrative Experience

Head of Department, Ankara University, Spor Bilimleri Fakültesi, Antrenörlük Eğitimi Bölümü, 2022 - Continues
Head of Department, Ankara University, Spor Bilimleri Fakültesi, Antrenörlük Eğitimi Bölümü, 2022 - Continues
Deputy Head of Department, Ankara University, Spor Bilimleri Fakültesi, Antrenörlük Eğitimi Bölümü, 2021 - 2022

Courses

Doctorate

PERFORMANS BESLENMESİNDE ERGOJENİK YARDIM, Doctorate, 2017 - 2018, 2014 - 2015

Performans Sporunda Doping Uygulamaları , Doctorate, 2014 - 2015

Postgraduate

MODERN YAŞAMDA EGZERSİZ UYGULAMALARI VE BESLENME İLİŞKİSİ, Postgraduate, 2017 - 2018, 2014 - 2015

Sağlıklı Yaşam, Beslenme ve Spor, Postgraduate, 2017 - 2018

Ergojenik Yardımcılar ve Performans için Beslenme, Postgraduate, 2017 - 2018

Performans Beslenmesi Uygulamalarında Son Gelişmeler , Postgraduate, 2014 - 2015

Undergraduate

Kayak, Undergraduate, 2017 - 2018

Sporla Ergojenik Yardım, Undergraduate, 2017 - 2018

Spor ve Beslenme, Undergraduate, 2017 - 2018

ANTRENMAN PLANLAMASINDA ÖZEL KONULAR, Undergraduate, 2017 - 2018, 2014 - 2015, 2012 - 2013

Kürek, Undergraduate, 2014 - 2015, 2013 - 2014, 2012 - 2013, 2011 - 2012

Vücut Geliştirme, Undergraduate, 2014 - 2015

Biyomekanik, Undergraduate, 2014 - 2015, 2013 - 2014, 2012 - 2013, 2011 - 2012

Sporcu Beslenmesi, Undergraduate, 2014 - 2015, 2013 - 2014, 2012 - 2013

Supervised Theses

Akça F., Kafein ve Karbonhidratın Ayrı Ayrı ve Birlikte Kullanımının Tenis Antrenman Performansı Üzerindeki Etkiler, Doctorate, M.ABDİOĞLU(Student), 2023

Akça F., Futbolcularda Kafeinin Ergojenik Etkisine Olan İnancın Fizyolojik Belirteçler Ve Algılanan Uyku Kalitesine Etkileri, Postgraduate, E.GÜNEŞER(Student), 2022

Akça F., BİSİKLETÇİLERDE BİLİŞSEL YORGUNLUĞUN VE BİLİŞSEL YORGUNLUK İLE BİRLİKTE KAFEİN TÜKETİMİNİN FONKSİYONEL EŞİK GÜÇ VE FİZYOLOJİK YANITLAR ÜZERİNDEKİ ETKİSİNİN İNCELENMESİ, Doctorate, E.KÜRKCÜ(Student), 2022

Akça F., Mor A., Profesyonel Koşucularda Kafein Kullanımının 800m ve 1500m Performansına Akut Etkisi, Doctorate, M.GÜLER(Student), 2022

Akça F., Comparison of sports nutrition knowledge, supplement usage and orthorexia tendencies between different sport branches., Postgraduate, E.AYDEMİR(Student), 2021

AKÇA F., Basketbolda kişi sayısına göre değişen dar alan oyunlarının şut performansına akut etkisi, Postgraduate, T.DURMUŞ(Student), 2021

AKÇA F., Direnç Egzersizlerinde Tekrar Süresinin Kas Kuvveti ve Hipertrofisine Etkileri, Doctorate, H.ANDRE(Student), 2021

AKÇA F., Farklı ısınma protokollerinin tekrarlı sprint performansına etkilerinin karşılaştırılması, Postgraduate,

Jury Memberships

PhD Thesis Monitoring Committee Member, PhD Thesis Monitoring Committee Member, Ankara Üniversitesi, June, 2023
Associate Professor Exam, Associate Professor Exam, Ankara University, June, 2023
Associate Professor Exam, Associate Professor Exam, Ankara University, June, 2023
Doctoral Examination, Doctoral Examination, Gazi Üniversitesi, May, 2023
Doctorate, Doctorate, Ankara Yıldırım Beyazıt Üniversitesi, May, 2023
Doctorate, Doctorate, Ankara Üniversitesi, April, 2023
PhD Thesis Monitoring Committee Member, PhD Thesis Monitoring Committee Member, Ankara Üniversitesi, January, 2023
Appointment to Academic Staff-Assistant Professorship, Appointment to Academic Staff-Assistant Professorship, Ankara Üniversitesi, December, 2022
Appointment to Academic Staff-Assistant Professorship, Appointment to Academic Staff-Assistant Professorship, Ankara Üniversitesi, December, 2022
Appointment to Academic Staff - Associate Professorship, Appointment to Academic Staff - Associate Professorship, Tokat Gaziosmanpaşa Üniversitesi, December, 2022
Doctorate, Doctorate, Gazi Üniversitesi, November, 2022

Published journal articles indexed by SCI, SSCI, and AHCI

- I. **Effects of Small-Sided Games Training versus High-Intensity Interval Training Approaches in Young Basketball Players**
Arslan E., Kilit B., Clemente F. M., Murawska-Cialowicz E., Soylu Y., SÖĞÜT M., AKÇA F., Gokkaya M., Silva A. F. INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH, vol.19, no.5, 2022 (SCI-Expanded)
- II. **The effects of exercise order on the psychophysiological responses, physical and technical performances of young soccer players: Combined small-sided games and high-intensity interval training**
Arslan E., Kilit B., Clemente F. M., Soylu Y., SÖĞÜT M., Badicu G., AKÇA F., Gokkaya M., Murawska-Ciałowicz E. Biology, vol.10, no.11, 2021 (SCI-Expanded)
- III. **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)
- IV. **Effects of Different Doses of Caffeinated Coffee on Muscular Endurance, Cognitive Performance, and Cardiac Autonomic Modulation in Caffeine Naive Female Athletes**
Karayiğit R., Naderi A., Akça F., Cruz C. J. G. D., Sarshin A., Yaşlı B. Ç., Ersoz G., Kaviani M. NUTRIENTS, vol.13, no.1, 2021 (SCI-Expanded)
- V. **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)
- VI. **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)

- VII. **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)
- VIII. **Comparative analysis of the 1-mile run test evaluation formulae: Assessment of aerobic capacity in male law enforcement officers aged 20-23 years**
Kayihan G., ÖZKAN A., KÖKLÜ Y., Eyuboglu E., AKÇA F., Koz M., Ersoz G.
INTERNATIONAL JOURNAL OF OCCUPATIONAL MEDICINE AND ENVIRONMENTAL HEALTH, vol.27, no.2, pp.165-174, 2014 (SCI-Expanded)
- IX. **Prediction of rowing ergometer performance from functional anaerobic power, strength and anthropometric components**
Akca F.
Journal of Human Kinetics, vol.41, no.1, pp.133-142, 2014 (SCI-Expanded)

Articles Published in Other Journals

- I. **Placebo Caffeine in Soccer Players: Effects on Physiological Markers and Perceived Sleep Quality**
GÜNEŞER E., YILDIRIM U. C., Akca F.
Gümüşhane Üniversitesi Sağlık Bilimleri Dergisi, vol.13, no.2, pp.938-946, 2024 (Peer-Reviewed Journal)
- II. **COMPARISONS OF ANTHROPOMETRIC CHARACTERISTICS AND SOME PERFORMANCE PARAMETERS OF PRE-ADOLESCENT TENNIS PLAYERS AND SEDENTARY**
DIEDHIOU A. B., ANDRE H., AKÇA F.
SPORMETRE BEDEN EĞİTİMİ VE SPOR BİLİMLERİ DERGİSİ, vol.21, no.1, pp.117-126, 2023 (Peer-Reviewed Journal)
- III. **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)
- IV. **AN EXAMINATION OF THE RELATIONSHIP BETWEEN FUNCTIONAL MOVEMENT ASSESSMENT SCORES AND INJURIES IN SOCCER PLAYERS**
Güler Ö., Gülü M., Aras D., Akça F.
İğdır Üniversitesi Spor Bilimleri Dergisi, vol.3, no.1, pp.37-43, 2020 (Peer-Reviewed Journal)
- V. **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)
- VI. **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)
- VII. **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)
- VIII. **TALENT SELECTION TEST BATTERY SAMPLE FOR SPORT CLIMBING**
Aras D., Bildircin C. Ç., Güler Ö., Gülü M., Akça F.
SPORMETRE BEDEN EĞİTİMİ VE SPOR BİLİMLERİ DERGİSİ, vol.17, no.2, pp.41-52, 2019 (Peer-Reviewed Journal)
- IX. **Extreme altitude mountain climbing decreases sensation seeking score and increases the anxiety level.**

- ARAS D., AKÇA F., GÜLER Ö., ERTETİK G., BİROL A., ÇETİNKAYA G., AKALAN C.
International Journal of Human Studies, vol.1, no.2, pp.128-140, 2018 (Peer-Reviewed Journal)
- X. **The Comparison of Postural Balance Level between Advanced Sport Climbers and Sedentary Adults**
ARAS D., Kitano K., Phipps A. M., Enyart M. R., AKÇA F., Koceja D. M., Ewert A. W.
INTERNATIONAL JOURNAL OF APPLIED EXERCISE PHYSIOLOGY, vol.7, no.3, pp.1-9, 2018 (Peer-Reviewed Journal)
- XI. **Probiyotik kullanımının sağlığa ve sportif performansa etkileri**
İMAMLI H., AKÇA F.
Spormetre, vol.17, no.2, pp.196-208, 2018 (Peer-Reviewed Journal)
- XII. **The effects of different warm-up protocols on bench press 1RM performance in sprint kayakers**
Akça F., Aras D.
SPORMETRE BEDEN EĞİTİMİ VE SPOR BİLİMLERİ DERGİSİ, vol.17, no.2, pp.16-24, 2018 (Peer-Reviewed Journal)
- XIII. **CAFFEINE, MECHANISMS OF ACTION AND EFFECTS ON PHYSICAL PERFORMANCE**
Akça F., Aras D., Arslan E.
SPORMETRE BEDEN EĞİTİMİ VE SPOR BİLİMLERİ DERGİSİ, vol.16, no.1, pp.1-12, 2018 (Peer-Reviewed Journal)
- XIV. **Effects of Different Warm-up Protocols on Leg Press One Repetition Maximum Performance**
AKÇA F., ARSLAN E., ARAS D.
International journal of Science Culture and Sport, vol.6, no.27, pp.140-149, 2018 (Peer-Reviewed Journal)
- XV. **Comparison of balance skills of visually impaired and non-impaired judo athletes and goalball/futsal players**
ARAS D., Guler O., Gulu M., Akca F., Arslan E., Akalan C.
PHYSICAL EDUCATION OF STUDENTS, vol.22, no.6, pp.292-297, 2018 (ESCI)
- XVI. **EFFECTS OF ACUTE AND CHRONIC REPEATED SPRINT INTERVENTIONS IN HYPOXIC EXPOSURE ON SOME PHYSIOLOGICAL PARAMETERS AND PERFORMANCE**
Bırol A., Akalan C., Akça F., Aras D.
SPORMETRE BEDEN EĞİTİMİ VE SPOR BİLİMLERİ DERGİSİ, vol.16, no.4, pp.61-81, 2018 (Peer-Reviewed Journal)
- XVII. **Süper Lig futbol takımlarının altyapılarından oyuncu yetiştirme verimliliklerinin incelenmesi**
ASLAN C. S., AKÇA F., MÜNİROĞLU R. S.
Spormetre, vol.13, no.2, pp.103-112, 2015 (Peer-Reviewed Journal)
- XVIII. **THE EFFECT OF 50 M SPRINT SWIMMING ON HEART RATE VARIABILITY IN 13-14 YEAR-OLD BOYS**
Aras D., Akça F., Akalan C.
SPORMETRE BEDEN EĞİTİMİ VE SPOR BİLİMLERİ DERGİSİ, vol.11, no.1, pp.13-18, 2013 (Peer-Reviewed Journal)
- XIX. **TÜRK ELİT GENÇ KÜREKÇİLERDE OKSİJEN TÜKETİMİ VE LAKTAT PROFİLİNİN İNCELENMESİ**
AKÇA F., AKALAN C., KOZ M., ERSÖZ G.
SPORMETRE BEDEN EĞİTİMİ VE SPOR BİLİMLERİ DERGİSİ, 2010 (Peer-Reviewed Journal)
- XX. **TÜRK ELİT GENÇ KÜREKÇİLERDE OKSİJEN TÜKETİMİ VE LAKTATPROFİLİNİN İNCELENMESİ**
AKÇA F., AKALAN C., KOZ M., ERSÖZ G.
SPORMETRE BEDEN EĞİTİMİ VE SPOR BİLİMLERİ DERGİSİ, 2010 (Peer-Reviewed Journal)
- XXI. **Anthropometric-Somatotype and Strength Profiles and On-Water Performance in Turkish Elite Kayakers**
AKÇA F., MÜNİROĞLU R. S.
International Journal of Applied Sports Sciences, vol.20, no.1, pp.22-34, 2008 (Peer-Reviewed Journal)
- XXII. **Türk Milli Kanocuların Antropometrik Özellikleri ve Çeşitli Performans Testi Sonuçlarının Performansla İlişkisinin İncelenmesi**
AKÇA F., MÜNİROĞLU R. S.
Gazi BESBD, vol.12, no.4, pp.9-20, 2007 (Peer-Reviewed Journal)
- XXIII. **Türk Erkek Kano Milli Takımı Durgunsu Kayakçılarının Somatotip Özelliklerinin İncelenmesi**
AKÇA F., MÜNİROĞLU R. S.
Spormetre, vol.4, no.2, pp.43-47, 2006 (Peer-Reviewed Journal)

Books

- I. **Futbolcularda Farklı Kombine Antrenmanların Fiziksel Performansa, Psikofizyolojik Cevaplara ve Teknik Beceriye Etkisi**
GÖKKAYA M.
Efe Akademi, İstanbul, 2024
- II. **BİSİKLETÇİLERDE BİLİŞSEL YORGUNLUĞUN VE KAFEİN TÜKETİMİNİN FONKSİYONEL EŞİK GÜÇ VE FİZYOLOJİK YANITLAR ÜZERİNE ETKİSİ**
KÜRKCÜ AKGÖNÜL E.
efe akademi, İstanbul, 2023
- III. **Sürat, çeviklik ve yön değiştirme hızı antrenmanı IV**
AKÇA F.
in: Hareket ve Antrenman Bilimleri V, Cengiz Akalan, Editor, Anadolu Üniversitesi, pp.73-100, 2020
- IV. **Sporda Beslenme I**
AKÇA F.
in: Spor ve Sağlık Bilimleri I, Gülsün Güven, Editor, Anadolu Üniversitesi, pp.69-98, 2020

Papers Published in Refereed Scientific Meetings

- I. **23 / 5,000 Exercise for Fibromyalgia**
Akbaba A. K., Akça F.
22. ULUSLARARASI SPOR BİLİMLERİ KONGRESİ, Ankara, Turkey, 21 - 24 November 2024, pp.51-52
- II. **Acute Effects of Small-Sided Games Varying by Number of Players on Shooting Performance in Basketball**
Durmuş T., Akça F.
22. ULUSLARARASI SPOR BİLİMLERİ KONGRESİ, Ankara, Turkey, 21 - 24 November 2024, pp.63-64
- III. **İYİ ANTRENMANLI TÜRK BİSİKLET SPORCULARININ YARIŞA YÖNELİK BESLENME STRATEJİLERİNİN İNCELENMESİ**
KÜRKCÜ AKGÖNÜL E., ÖZEN G., AKÇA F., ŞAHİN T.
4. ULUSLARARASI BESLENME OBEZİTE VE TOPLUM SAĞLIĞI KONGRESİ, İstanbul, Turkey, 24 December 2020
- IV. **Covid 19 Pandemisinin Bisikletçilerin Yarışma Öncesi Kaygı Düzeylerine Etkisi**
KÜRKCÜ AKGÖNÜL E., ŞAHİN T., AKÇA F., ÖZEN G., BOZKURT Ç.
18.Uluslararası Spor Bilimleri Kongresi, Turkey, 7 - 09 November 2020
- V. **EFFECTS OF PRE-EXERCISE COFFEE CONSUMPTION ON RESISTANCE EXERCISE PERFORMANCE**
AKÇA F., ARAS D., ARSLAN E., Abdioğlu M.
5th International Eurasian Congress on Natural Nutrition,Healthy Life Sport, Ankara, Turkey, 2 - 06 October 2019, pp.2193-2198
- VI. **EFFECTS OF COFFEE CONSUMPTION ON ROWING TIME-TRIAL PERFORMANCE**
AKÇA F., ARSLAN E., ARAS D., GÖKKAYA M.
5th International Eurasian Congress on Natural Nutrition,Healthy Life Sport, Ankara, Turkey, 2 - 06 October 2019, pp.2200-2206
- VII. **Effect of Slow Breathing Exercises on Heart Rate Variability**
Aras D., Akça F., Arslan E., Birol A., Sürücü C. E., Cüce C., Güner S., Arslan E.
5th International Eurasian Congress on Natural Nutrition,Healthy Life Sport, Ankara, Turkey, 2 - 10 October 2019, pp.2215-2219
- VIII. **Investigation of The Physical Characteristics of Elite Level Road Bike Athletes**
KÜRKCÜ AKGÖNÜL E., ÖZEN G., AKÇA F.
Union of Thrace Universities 3rd International Health Sciences Congress, Çanakkale, Turkey, 24 - 26 October 2019, pp.507-513
- IX. **Effects of Caffeine Intake Via Coffee Consumption on Resistance Exercise Performance in Adult**

Women

AKÇA F., ARAS D., ARSLAN E., KÜRKCÜ AKGÖNÜL E.

Union of Thrace Universities 3rd International Health Sciences Congress, Çanakkale, Turkey, 24 - 26 October 2019, pp.551-557

- X. **EFFECTS OF DIFFERENT CAFFEINE GUM DOSES ON ROWING TIME TRIAL PERFORMANCE**
Akça F., Aras D., Arslan E., Gökkaya M.
17th International Sport Sciences Congress, Antalya, Turkey, 13 - 16 November 2019, pp.191-195
- XI. **INVESTIGATION OF THE MATCH PERFORMANCE RESPONSE OF YOUNG TENNIS PLAYERS: COMPARISON OF INDOOR VS. OUTDOOR CLAY COURTS**
Kilit B., Arslan E., Soylu Y., Aras D., Akça F.
17. Uluslararası Spor Bilimleri Kongresi, Antalya, Turkey, 13 - 16 November 2019
- XII. **Elit Seviyedeki Yol Bisikleti Sporcularının Fiziksel Özelliklerinin İncelenmesi**
KÜRKCÜ AKGÖNÜL E., ÖZEN G., AKÇA F.
Union of Thrace Universities 3rd International Health Sciences Congress, Çanakkale, Turkey, 24 - 26 October 2019, pp.517-523
- XIII. **COMPARISON OF BALANCE SKILLS OF VISUALLY IMPAIRED AND NON-IMPAIRED JUDO ATHLETES AND GOALBALL/FUTSAL PLAYERS**
Aras D., Güler Ö., Gülü M., Akça F., Arslan E., Akalan C.
12th CONFERENCE OF BALTIC SOCIETY OF SPORT SCIENCES, Vilnius, Lithuania, 25 - 26 April 2019, pp.46-47
- XIV. **Effects of four-week fingerboard local electromyostimulation training on wrist strength and endurance**
Aras D., Gül S., Güler Ö., Akça F., Çetinkaya G.
9th. International Mountain and Outdoor Sports Conference, Praha, Czech Republic, 21 - 24 November 2018
- XV. **An Examination of the Relationship Between Functional Movement Assessment Scores and Injuries in Adolescent Soccer Players**
GÜLER Ö., GÜLÜ M., ARAS D., AKÇA F.
9. Uluslararası Biyomekanik Kongresi, Eskişehir, Turkey, 19 - 22 September 2018, pp.335-336
- XVI. **Single and combined effects of capsaicin and caffeine supplementation on indoor rowing performance**
AKÇA F., ARAS D.
The 6th NSCA International Conference, Madrid, Spain, 26 - 29 September 2018
- XVII. **Coingestion of citrulline malate and capsaicin improves exercise performance in resistance-trained females**
AKÇA F., ARAS D.
The 6th NSCA International Conference, Madrid, Spain, 26 - 29 September 2018
- XVIII. **Effects of sprint interval, high intensity interval and continuous training on blood health markers, cardiovascular fitness and body composition in overweight men**
AKÇA F., ARAS D.
1st International congress on sports, anthropology, nutrition, anatomy and radiology, Nevşehir, Turkey, 3 - 05 May 2018
- XIX. **Effects of 12-week Pilates training on body composition, flexibility, and strength in middle-aged sedentary women**
Aras D., Akça F.
1st International congress on sports, anthropology, nutrition, anatomy and radiology, Nevşehir, Turkey, 3 - 05 May 2018
- XX. **The Comparison of Body Composition Values and Daily Energy Expenditure of Children as to the Gender**
EYUBOĞLU E., AKÇA F., ÖZER U., ASLAN C. S.
International Symposium on Human and Social Sciences, 7 - 09 April 2018
- XXI. **The effects of different warm-up protocols on bench press 1rm performance in sprint kayakers**
Aras D., Akça F.

ISER 93rd International Conference, Massachusetts, United States Of America, 14 - 15 December 2017

- XXII. **The comparison of anxiety and sensation seeking scores of mountaineers before and after high altitude climbing.**
Aras D., Akça F., Güler Ö., Ertetik G.
15th International Sport Sciences Congress, Antalya, Turkey, 15 - 18 November 2017
- XXIII. **How does rock climbing training affect the anaerobic power?**
Aras D., Çetinkaya G., Akalan C., Akça F.
16th International Scientific Conference, "Perspectives in Physical Education and Sport", Constanta, Romania, 20 - 21 May 2016
- XXIV. **Effects on various warm up models on 1 RM leg press performance in collegiate rowers**
AKÇA F., ARAS D.
20th Annual Congress of the ECSS, Malmö, Sweden, 24 - 27 June 2015, pp.247
- XXV. **Effects of various warm up models on 1 RM leg press performance in collegiate rowers**
AKÇA F., ARAS D.
20th Annual Congress of European College of Sport Science, 24 - 27 June 2015
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