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Education Information

Doctorate, Ankara University, Sağlık Bilimleri Enstitüsü, Beden Eğitimi Ve Spor (Dr), Turkey 2014 - 2020

Doctorate, Manisa Celal Bayar University, Institute Of Health Sciences, Spor Bilimleri (Dr), Turkey 2012 - 2018

Postgraduate, Manisa Celal Bayar University, Institute Of Health Sciences, Hareket Ve Antreman (YI) (Tezli), Turkey 2010 - 2012

Undergraduate, Manisa Celal Bayar University, School Of Physical Education And Sports, Department Of Physical Education Teaching, Turkey 2006 - 2010

Dissertations

Doctorate, Eski profesyonel futbolcuların bazı nörokognitif ve motor beceri parametrelerinin değerlendirilmesi, Ankara University, Sağlık Bilimleri Enstitüsü, Beden Eğitimi Ve Spor (Dr), 2020

Doctorate, Futbolcularda 8 haftalık denge antrenmanlarının futbola özgü teknik becerilere etkileri ve biyomekanik analizi, Manisa Celal Bayar University, Sağlık Bilimleri Enstitüsü, Spor Bilimleri (Dr), 2018

Postgraduate, Genç futbolcularda denge antrenmanlarının çabukluk ve güç performansına etkileri, Manisa Celal Bayar University, Sağlık Bilimleri Enstitüsü, Hareket Ve Antreman (YI) (Tezli), 2012

Academic Titles / Tasks

Research Assistant, Ankara University, Spor Bilimleri Fakültesi, Antrenörlük Eğitimi Bölümü, 2013 - Continues

Research Assistant, Bitlis Eren University, School Of Physical Education And Sports, Department Of Coaching Education, 2012 - 2012

Courses

Lifeguard Training, Undergraduate, 2022 - 2023

Goalkeeping, Undergraduate, 2022 - 2023

Futbol II, Undergraduate, 2022 - 2023

Spor Yaralanmaları, Korunma ve Tedavi Yöntemleri, Postgraduate, 2022 - 2023

Goalkeeping in Soccer, Undergraduate, 2022 - 2023

Sporcu Sağlığı, Undergraduate, 2022 - 2023

Cankurtaranlık Eğitimi, Undergraduate, 2022 - 2023

Soccer IV, Undergraduate, 2022 - 2023
Soccer I, Undergraduate, 2022 - 2023
Soccer, Undergraduate, 2022 - 2023
Soccer III , Undergraduate, 2022 - 2023
Helath and Sports, Postgraduate, 2021 - 2022

Published journal articles indexed by SCI, SSCI, and AHCI

- I. **Examining the Relationship between Pes Planus Degree, Balance and Jump Performances in Athletes**
ŞAHİN F. N., CEYLAN L., KÜÇÜK H., Ceylan T., Arikan G., Yigit S., Sarsik D. C., GÜLER Ö.
INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH, vol.19, no.18, 2022 (SCI-Expanded)
- II. **The Effects of 15 or 30 s SIT in Normobaric Hypoxia on Aerobic, Anaerobic Performance and Critical Power**
Karabıyık H., Eser M. C., Güler Ö., Yasli B. C., Ertetik G., Sisman A., Koz M., Gabrys T., Pilis K., Karayığit R.
INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH, vol.18, no.8, 2021 (SCI-Expanded)
- III. **Effects of Functional Strength Training on Functional Movement and Balance in Middle-Aged Adults**
GÜLER Ö., Tuncel O., Bianco A.
SUSTAINABILITY, vol.13, no.3, 2021 (SCI-Expanded)
- IV. **The Influence of an Enriched Sport Program on Children's Sport Motivation in the School Context: The ESA PROGRAM**
Gentile A., Boca S., Demetriou Y., Sturm D., Pajaujiene S., Zuoziene I. J., ŞAHİN F. N., GÜLER Ö., Gomez-Lopez M., Borrego C. C., et al.
FRONTIERS IN PSYCHOLOGY, vol.11, 2020 (SSCI)
- 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. **The Effect of an Enriched Sport Program on Children's Executive Functions: The ESA Program**
Gentile A., Boca S., ŞAHİN F. N., GÜLER Ö., Pajaujiene S., Indriuniene V., Demetriou Y., Sturm D., Gomez-Lopez M., Bianco A., et al.
FRONTIERS IN PSYCHOLOGY, vol.11, 2020 (SSCI)
- VII. **Effects of a Physical Activity Intervention on Physical Fitness of schoolchildren: The Enriched Sport Activity Program**
Thomas E., Bianco A., Tabacchi G., da Silva C. M., Loureiro N., Basile M., Giaccone M., Sturm D. J., ŞAHİN F. N., GÜLER Ö., et al.
INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH, vol.17, no.5, 2020 (SCI-Expanded)
- VIII. **EFFECTS OF KINESIO TAPING ON POSTURAL STABILITY IN YOUNG SOCCER PLAYERS**
Gulsen M., Pekiavas N. O., Atici E., ŞAHİN F. N., GÜLER Ö.
ACTA MEDICA MEDITERRANEA, vol.35, no.1, pp.169-174, 2019 (SCI-Expanded)

Articles Published in Other Journals

- I. **Cognitive and physical activity-related aspects of children associated to the performance of the crunning movement**
Thomas E., Alesi M., Tabacchi G., da Silva C. M., Sturm D. J., ŞAHİN F. N., GÜLER Ö., Gómez-López M., Pajaujiene S.,

Basile M., et al.

Journal of Functional Morphology and Kinesiology, vol.6, no.1, 2021 (Scopus)

- II. **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)
- III. **Evaluation of the Effects of Menstrual Cycle on Postural Stability in Active Young Women**
GÜLER Ö., Bingöl A. D., Şahin N. F., Ersoz G.
INTERNATIONAL JOURNAL OF APPLIED EXERCISE PHYSIOLOGY, vol.9, no.10, pp.44-49, 2020 (Peer-Reviewed Journal)
- IV. **Evaluation of the Effects of Menstrual Cycle on Postural Stability in Active Young Women**
GÜLER Ö., BİNGÖL DİEDHİOU A., ŞAHİN F. N., ERSÖZ G.
International Journal of Applied Exercise Physiology, vol.9, no.10, pp.44-49, 2020 (Peer-Reviewed Journal)
- V. **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)
- VI. **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)
- VII. **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)
- VIII. **Futbolcularda Aerobik Yorgunluğun Dinamik Denge Performansına Etkisi**
GÜLER Ö., ATLI A., ŞAHİN F. N., ERSÖZ G.
Journal of International Multidisciplinary Academic Researches, vol.4, no.2, pp.26-34, 2017 (Peer-Reviewed Journal)
- IX. **Effects of High Intensity Interval Training on Balance Ability and Recovery Time in Soccer Players**
GÜLER Ö., ERSÖZ G., ŞAHİN ÖZDEMİR F. N.
International journal of Science Culture and Sport, vol.5, no.25, pp.375-382, 2017 (Peer-Reviewed Journal)

Refereed Congress / Symposium Publications in Proceedings

- I. **THE EFFECTS OF NEUROMUSCULAR FATIGUE ON FUNCTIONAL MOVEMENT AND BALANCE PERFORMANCE IN FOOTBALL PLAYERS**
GÜLER Ö., ŞAHİN F. N., KÜÇÜK H., IŞIK Ö., abbas ali s. s.
international scientific congress of fis communications, niş, Serbia, 19 October 2023
- II. **Effects of Comprehensive Warm-up Program on Performance Parameters of Elite and Sub-Elite Male Skiers**
Sarışık D., Şahin F. N., Güler Ö., Aras D.
21st International Conference of Sport Science, Physical Education and Health, Belgrade, Serbia, 09 December 2022, pp.67-68
- III. **Profesyonel Futbolcuların Sıçrama Performanslarının Değerlendirilmesi**
KARABIYIK H., KARAYİĞİT R., GÜLER Ö., YAŞLI B. Ç., ERTETİK G., ŞİŞMAN A., ERSÖZ G., KOZ M.
5. Uluslararası Avrasya Spor Eğitimi ve Toplum Kongresi, Lviv, Ukraine, 9 - 11 July 2021
- IV. **Genç Kadın Boksörlerin Müsabaka Sırasında Metabolik Cevapların İncelenmesi?**
KARABIYIK H., GÜLÜ M., GÜLER Ö., YÜKSEL H. S., Çınar A., AKALAN C., KOZ M.
18.Uluslararası Spor Bilimleri Kongresi, 07 November 2020
- V. **ELİT TRİATLETLERDE 6 HAFTALIK DAYANIKLILIK VE KUVVET ANTRENMANLARININ DAYANIKLILIK PERFORMANSINA ETKİSİ**

Pamukçu N., GÜLER Ö., ŞAHİN F. N.

17. Uluslararası Spor Bilimleri Kongresi, Antalya, Turkey, 13 November 2019

- VI. **The Effects of High Intensity Interval Training Methods**
Karabiyik H., Güler Ö., Bilgin S., Aras D., Gürses V. V., Koz M.
17.Uluslararası Spor Bilimleri Kongresi, Antalya, Turkey, 13 November 2019
- VII. **Türkiye Süper Ligi 2016-2017 Sezonunda Atılan Gollerin Analizi**
KARABIYIK H., KARAYİĞİT R., GÜLER Ö., YAŞLI B. Ç., ERTETİK G., ŞİŞMAN A., ERSÖZ G., KOZ M.
2nd Eurasian Sport Sciences Congress, Muş, Turkey, Muş, Turkey, 2 - 05 May 2019
- VIII. **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
- IX. **The evaluation of postural stability during the menstrual cycle in active women**
ŞAHİN ÖZDEMİR F. N., GÜLER Ö., BİNGÖL DIEDHIOU A., ERSÖZ G.
EQOK 2019, Novi-Sad, Serbia, 11 - 13 April 2019
- X. **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
- XI. **Profesyonel voleybol oyuncularının bazı fiizksel öelliklerinin değerlendirilmesi**
KARABIYIK H., GÜLER Ö., KOÇAK Ç. V., KOZ M.
16th International Sport Sciences Congress, Antalya, Turkey, 31 October - 03 November 2018, pp.1260-1261
- XII. **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
- XIII. **assesment of functional fitness and physical activity levels of older adults**
ŞAHİN ÖZDEMİR F. N., GÜLER Ö., DIEDHIOU A., Yuzkolar p. s., KIZILYALLI M.
5th Wingate international congress of exercise and sport sciences, Netanya, Israel, 7 - 10 June 2018
- XIV. **Investigation of the relationship between isokinetic leg strength, postural stability and functional movement screen in rugby players**
GÜLER Ö., GÜLÜ M., ARAS D., GÜL S., GÖRGÜLÜ T.
5th International Sport Sciences Tourism Recreation Student Congress, 7 - 09 May 2018
- XV. **Evaluation of Cognitive and Balance Skills of Female Rugby Players Before and Afterthe Match**
Erkan D., GÜLER Ö., ÇAKALOĞLU E., BAYAR KORUÇ P.
International Sport Science Tourism and Recreation Student Congress, Manisa, Turkey, 7 - 09 May 2018
- XVI. **Investigation of the relationship between isokinetic leg strength, postural stability and functional range of motion in rugby players**
Güler Ö., Gülü M., Aras D., Gül S., Görgülü T.
ULUSLARARASI SPOR BİLİMLERİ TURİZM VE REKREASYON ÖĞRENCİ KONGRESİ, Manisa, Turkey, 7 - 09 May 2018
- XVII. **Hipoksik Ortamda Yapılan Yüksek Şiddetli İnterval Antrenmanın Performansa Etkileri**
KARABIYIK H., KARAYİĞİT R., GÜLER Ö., YAŞLI B. Ç., ERTETİK G., ŞİŞMAN A., ERSÖZ G., KOZ M.
15. Uluslararası Spor Bilimleri Kongresi, Antalya, Turkey, 15 - 18 November 2017
- XVIII. **The Effects Of High Intensity Interval Training in Hypoxic Conditions On Sports Performance**
KARABIYIK H., KARAYİĞİT R., GÜLER Ö., YAŞLI B. Ç., ERTETİK G., ŞİŞMAN A., ERSÖZ G., KOZ M.
15. ULUSLARARASI SPOR BİLİMLERİ KONGRESİ, Antalya, Turkey, 15 - 18 November 2017
- XIX. **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
- XX. **Return of Postural Control to Baseline After Anaerobic and Aerobic Exercise Protocols in Women**

Soccer Players

GÜLER Ö., ATLI A., ERTETİK G., ERSÖZ G., ŞAHİN F. N.

International Conference on Exercise, Sport Health, Albania, 12 - 13 April 2017, pp.21-22

XXI. Functional Fitness Assessment of Turkish Seniors

ŞAHİN F. N., GÜLER Ö., YAŞAR O. M., ATLI A., ERTETİK G.

International Conference on Exercise, Sport Health, Albania, 12 - 13 April 2017, pp.20-21

XXII. Effects of Aerobic Exercise Protocols on Balance Ability

GÜLER Ö., ATLI A., ŞAHİN F. N., ERSÖZ G.

The 10th International Conference in Physical Education, Sports and Physical Therapy, Turkey, 18 - 20 November 2016, pp.177

XXIII. EFFECTS OF HIGH INTENSITY INTERVAL TRAINING ON BALANCE ABILITY AND RECOVERY TIME IN YOUNG ATHLETES

GÜLER Ö., ERSÖZ G., ŞAHİN ÖZDEMİR F. N., KARABIYIK H., AKGÜL M. Ş.

EUROPEAN COLLEGE OF SPORT SCIENCE, Viyana, Austria, 6 - 09 July 2016

XXIV. effects of high intensity interval training on balance ability and recovery time in young athletes

GÜLER Ö., ERSÖZ G., ŞAHİN ÖZDEMİR F. N., KARABIYIK H., AKGÜL M. Ş.

21. congress European college of Sport Sciences, 4 - 09 July 2016

XXV. Effects Of High Intensity Interval Training On Balance Ability And Recovery Time In Young Athletes

GÜLER Ö., ERSÖZ G., ŞAHİN ÖZDEMİR F. N., KARABIYIK H., AKGÜL M. Ş.

21st Annual Congress of The European College of Sport Science, Viyana, Austria, 6 - 09 July 2016

XXVI. Relationship between balance, fall risk, Functional movement and performance of collegiate women

ŞAHİN F. N., ERTETİK G., GÜLER Ö., ERSÖZ G.

The 2016 Wingate Congress of Exercise and Sport Sciences, Netanya, Israel, 02 June 2016

Supported Projects

Kızılyallı M., Şahin F. N., Güler Ö., Erasmus Project, ESA ENRICHED SPORT ACTIVITIES PROGRAM, 2017 - 2020

Metrics

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