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Personal Information

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International Researcher IDs

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Education Information

Doctorate, Kütahya Dumlupınar University, Institute of Graduate Studies, Physical Education and Sports, Turkey 2017 - 2021

Postgraduate, Istanbul Gelisim University, Institute Of Graduate Studies, Exercise And Training Sciences, Turkey 2015 - 2017

Undergraduate, Istanbul University, Spor Bilimleri Fakültesi, Antrenörlük Eğitimi Bölümü, Turkey 2004 - 2008

Dissertations

Doctorate, Kompleks antrenmanlarda uygulanan pliometrik drillerin farklı düzlemlerde yapılmasının futbol oyuncularının dikey sıçrama, yatay sıçrama, sürat, kuvvet ve denge becerileri üzerindeki etkilerinin incelenmesi, Kütahya Dumlupınar University, Physical Education and Sports, Physical Education and Sports, 2021

Postgraduate, Futbolcularda bacak kuvveti ile denge becerisi arasındaki ilişkinin incelenmesi, Istanbul Gelisim University, Institute Of Graduate Studies, Exercise And Training Sciences, 2017

Research Areas

Sports Health Sciences

Academic Titles / Tasks

Assistant Professor, Canakkale Onsekiz Mart University, Spor Bilimleri Fakültesi, Antrenörlük Eğitimi, 2023 - Continues
Assistant Professor, Istanbul Gelisim University, School Of Physical Education And Sports, Coaching Training, 2016 - 2022

Lecturer, Istanbul University, Spor Bilimleri Fakültesi, Antrenörlük Eğitimi Bölümü, 2015 - 2016

Academic and Administrative Experience

Deputy Head of Department, Istanbul Gelisim University, School Of Physical Education And Sports, Coaching Training, 2018 - 2020

Articles Published in Other Journals

- I. **BLOOD FLOW RESTRICTION IN STRENGTH TRAINING**
GÜLFIRAT Ö., BIŞĞİN H.
European Journal of Physical Education and Sport, vol.6, no.11, pp.82-91, 2021 (Peer-Reviewed Journal)
- II. **The effect of resistance training without balance exercises on static balance skill**
SOYAL M., PEKEL A., GÜLFIRAT Ö.
PHYSICAL EDUCATION OF STUDENTS, vol.24, no.3, pp.168-173, 2020 (ESCI)
- III. **FITNESS TESİSLERİNİ KULLANAN KİŞİLERİN BULUNDUKLARI ORTAMA YÖNELİK DÜŞÜNCELERİNİN DEĞERLENDİRİLMESİ**
GÜLFIRAT Ö.
The Journal of Academic Social Science, vol.8, no.103, pp.274-284, 2020 (Peer-Reviewed Journal)
- IV. **COMMONLY USED PERFORMANCE-ENHANCING SUBSTANCES IN SPORTS**
GÜLFIRAT Ö.
European Journal of Physical Education and Sport Science, vol.5, no.8, pp.12-19, 2019 (Peer-Reviewed Journal)
- V. **COMPARISON AND DETERMINATION OF THE BALANCE SKILLS OF FOOTBALL PLAYERS THROUGH DYNAMIC POSTUROGRAPHY WITH SOME SELECTED PARAMETERS**
GÜLFIRAT Ö.
European Journal of Physical Education and Sport Science, vol.4, no.5, pp.75-86, 2018 (Peer-Reviewed Journal)
- VI. **RESEARCH ON THE EFFECT OF 8 WEEK HIGH INTENSITY COMBINED CIRCUIT TRAINING PROGRAM ON CARDIOVASCULAR AND RESPIRATORY SYSTEM AND BODY FAT RATIOS**
GÜLFIRAT Ö.
European Journal of Physical Education and Sport Science, vol.4, no.1, pp.89-99, 2018 (Peer-Reviewed Journal)
- VII. **COMPARISON OF THE HIGHEST STRENGTH VALUE OF QUADRICEPS AND HAMSTRING LEG MUSCLE GROUPS AND SOME SELECTED PARAMETERS IN FOOTBALL PLAYERS**
GÜLFIRAT Ö.
international journal of development research, vol.7, no.8, pp.14802-14807, 2017 (Peer-Reviewed Journal)

Books & Book Chapters

- I. **SPORA KAVRAMSAL YAKLAŞIM**
GÜLFIRAT Ö.
in: SPOR BİLİMLERİNDE MULTİDİSİPLİNER ARAŞTIRMALAR, Berat KOÇYİĞİT - Gül Bahar BAYIROĞLU, Editor, EFE AKADEMİ, İstanbul, pp.381-391, 2023
- II. **Cimnastik**
GÜLFIRAT Ö.
in: OLİMPİK BRANŞLAR: YAZ VE KIŞ OYUNLARI, Doç. Dr. Özdemir ATAR Doç. Dr. Mustafa Deniz DİNDAR, Editor, Efe Akademik Yayıncılık, İstanbul, pp.197-209, 2022
- III. **SPORTİF PERFORMANS ANTRENMAN PROGRAMI TASARIM İLKELERİ**
GÜLFIRAT Ö.
in: SPOR BİLİMLERİNDE AKADEMİK ÇALIŞMALAR 3, MEHMET SÖYLER, AYDIN PEKEL, Editor, SERÜVEN YAYINEVİ, İzmir, pp.113-121, 2022

Refereed Congress / Symposium Publications in Proceedings

- I. **PERFORMANS GRUBU TENİSCİLERE UYGULANAN KALİSTENİK YÖNLÜ KUVVET ANTRENMALARININ VÜCUT KOMPOZİSYON DEĞERLERİ İLE MOTORİK ÖZELLİKLER ÜZERİNE ETKİSİ**
GÜLFIRAT Ö., ATAR Ö., KOÇ H.
9th INTERNATIONAL ISTANBUL SCIENTIFIC RESEARCH CONGRESS, İstanbul, Turkey, 14 May 2022, pp.972-977
- II. **FITNESS MERKEZLERİNDE FİZİKSEL AKTİVİTE OLARAK YAPILAN BAZI EGZERSİZLER**
GÜLFIRAT Ö.

ULUSLARARASI TOPLUMSAL ARAŐTIRMALAR ERZURUM KONGRESİ, Erzurum, Turkey, 05 March 2022

III. **EGZERSİZ YAPAN BİREYLERİN DİYET KALİTESİ İLE FİZİKSEL AKTİVİTE DÜZEYİ ARASINDAKİ İLİŐKİNİN İNCELENMESİ**

ÜNVEREN A., KAYHAN M., GÜLFİRAT Ö., ÖZYİĞİT F.

16. ULUSLARARASI SPOR BİLİMLERİ KONGRESİ, Antalya, Turkey, 31 October - 03 November 2018, pp.713