

## Res. Asst. Mustafa Sencer Ulema

### Personal Information

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### International Researcher IDs

ORCID: 0000-0001-5573-0332

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### Education Information

Doctorate, Gaziantep University, Institute Of Health Sciences, PHYSICAL EDUCATION AND SPORTS, Turkey 2022 - Continues

Postgraduate, Van Yüzüncü Yil University, Eğitim Bilimleri Enstitüsü, Beden Eğitimi ve Spor Bölümü (YI) (Tezli), Turkey 2019 - 2022

Undergraduate, Van Yüzüncü Yil University, Beden Eğitimi ve Spor Yüksekokulu, Antrenörlük Eğitimi Bölümü, Turkey 2015 - 2019

### Certificates, Courses and Trainings

Vocational Course, 3. KADEME KIDEMLİ BASKETBOL ANTRENÖRLÜĞÜ, TURKISH BASKETBALL FEDERATION, 2019

### Dissertations

Postgraduate, Adaptation of Chromium Mineral Supplementation to Exercise Training: Its Effect on Serum Irisin, Leptin, and Ghrelin Hormone Levels, Van Yüzüncü Yil University, Eğitim Bilimleri Enstitüsü, Beden Eğitimi Ve Spor Bölümü (YI) (Tezli), 2022

### Research Areas

Physical Education and Sports, Biomechanics, Sport Physiology

### Academic Titles / Tasks

Research Assistant, Van Yüzüncü Yil University, Beden Eğitimi ve Spor Yüksekokulu, Beden Eğitimi ve Spor Öğretmenliği Bölümü, 2023 - Continues

### Articles Published in Other Journals

- The Effect of Proprioceptive Neuromuscular Facilitation Stretching Exercises on Balance Circulatory Parameters and Motoric Adaptations in Futsal Players**  
PANCAR Z., ULEMA M. S., KARACA B., TAŞDOĞAN A. M., KOYUNLU A.

Annals of Applied Sport Science, vol.12, 2024 (ESCI)

**II. ADAPTATION OF THE EFFECT OF CHROMIUM MINERAL SUPPLEMENT ON SERUM IRISIN, LEPTIN AND GHRELIN HORMONE LEVELS TO EXERCISE TRAININGS**

ULEMA M. S., SARİKAYA M.

JOURNAL OF PHARMACEUTICAL NEGATIVE RESULTS, vol.13, no.3, pp.796-803, 2022 (ESCI)

## **Books & Book Chapters**

- I. **Basketbol, Sakatlık ve Yorgunluk: Performans Üzerine Bütüncül Bir Bakış**  
ULEMA M. S.  
in: SPOR BİLİMLERİNDE ARAŞTIRMALAR, AKTAŞ İSMAİL, Editor, Duvar Yayınları, İzmir, pp.66-92, 2025
- II. **Future Training Perspectives in Basketball**  
Ulema M. S.  
in: CURRENT STUDIES IN SPORTS SCIENCES 2024, Prof. Dr. Mustafa ÖZDAL, Prof. Dr. Fikret ALINCAK, Editor, ISRES PUBLISHING, Konya, pp.39-45, 2024
- III. **Basketbolda Sakatlıklar: Nedenler, Önleme Stratejileri ve Rehabilitasyon**  
ULEMA M. S.  
in: SPOR BİLİMLERİNDE ARAŞTIRMALAR, AKTAŞ İSMAİL, Editor, Duvar Yayınları, İzmir, pp.92-105, 2024
- IV. **Egzersiz Serum Apelin Düzeyine Etkisi: Bir Meta Analiz**  
ULEMA M. S., ÖĞE B., ÖNER S., ALP H. H.  
in: HÜCRE MEKANİZMALAR VE FİZYOLOJİK ETKİLER, FİLİZ AHMET KEMAL, Editor, BİDGE Yayınları, Ankara, pp.25-42, 2024
- V. **Egzersiz Endokrin Sistem Üzerine Etkileri ve Hormonlar**  
ULEMA M. S., SARİKAYA M., EMBİYAOĞLU N. M.  
in: SPOR BİLİMLERİ ARAŞTIRMALARI, , Editor, Akademisyen Kitabevi, pp.107-128, 2021

## **Refereed Congress / Symposium Publications in Proceedings**

- I. **EFFECT OF EXERCISE ON NATIVE THIOL AND TOTAL THIOL: A META-ANALYSIS (EGZERSİZİN NATİVE THİOL VE TOTAL THİOL ÜZERİNE ETKİSİ: BİR META ANALİZ)**  
ÖĞE B., ULEMA M. S., ÖNER S., ALP H. H.  
International Artuklu Congress on Medicine, Nursing, Midwifery, and Health Sciences, Mardin, Turkey, 21 December 2024, pp.22-33
- II. **SERUM GHRELİN LEVELS AND EXERCİSE: A META-ANALYSİS**  
ÖNER S., ULEMA M. S., ÖĞE B., ALP H. H.  
9TH INTERNATIONAL ACHARAKA CONGRESS ON MEDICINE, NURSING, MIDWIFERY, AND HEALTH SCIENCES, İzmir, Turkey, 14 - 16 December 2024
- III. **EXAMINING THE IMPACT OF CHESS INSTRUCTION ON COGNITIVE AND ACADEMIC SKILLS**  
Ulema M. S.  
III. INTERNATIONAL KORKUT ATA SCIENTIFIC RESEARCH CONFERENCE, Osmaniye, Turkey, 22 - 24 November 2024, pp.521-526
- IV. **POTENTIAL EFFECTS OF SUMAC JUICE ON PHYSICAL PERFORMANCE IN ATHLETES: NEW APPROACHES IN ANTIOXIDANT CAPACITY AND ENDURANCE**  
Ulema M. S., Pancar Z.  
III. INTERNATIONAL KORKUT ATA SCIENTIFIC RESEARCH CONFERENCE, Osmaniye, Turkey, 22 - 24 November 2024, pp.511-516
- V. **THE EFFECTS OF SODA AND SALT MIXTURE ON THE RECOVERY PROCESS IN ATHLETES: A STUDY ON ELECTROLYTE BALANCE AND MUSCLE FUNCTION**  
Ulema M. S., Pancar Z.

III. INTERNATIONAL KORKUT ATA SCIENTIFIC RESEARCH CONFERENCE, Osmaniye, Turkey, 22 - 24 November 2024, pp.516-521

VI. **DEVELOPMENT OF BASKETBALL SKILLS IN SCHOOL-AGE CHILDREN: PLAY-BASED APPROACHES**

Ulema M. S., Pancar Z.

International Conference on Science and Education (IconSE) November 16-19, 2023 - Antalya, Turkey, Antalya, Turkey, 13 - 16 November 2024, pp.41-42

VII. **15-17 YAŞ YÜZME SPORCULARINDA KALİSTENİK ANTRENMANIN 50 MT SERBEST STİL YÜZME DERECE Sİ VE AEROBİK PERFORMANSA ETKİ Sİ**

ASLAN M., ÇİNAR V., ULEMA M. S.

1. BİLSEL INTERNATIONAL HARPUT SCIENTIFIC RESEARCHES CONGRESS, Elazığ, Turkey, 25 November 2023, vol.1, pp.659-671

VIII. **ALKOL VE MADDE BAĞIMLILARININ DEMOGRAFİK ÖZELLİKLERİ & EĞİTİM DURUMLARI VE BAĞIMLILIK SÜRESİNİN FİZİKSEL ÖZELLİKLERLE İLİŞKİ Sİ**

ASLAN M., ULEMA M. S.

MUŞ ALPARSLAN ÜNİVERSİTESİ 11.Ulusal Spor Bilimleri Kongresi, Muş, Turkey, 18 - 20 April 2018

## Student Project

Other, The Effect of 8-Week Complex Training Applied to Basketball Players Aged 18-24 on Shooting Accuracy and Some Performance Parameters, Van Yüzüncü Yil University, Beden Eğitimi ve Spor Yüksekokulu, Beden Eğitimi ve Spor Öğretmenliği Bölümü, Turkey, 2024 - Continues

Other, The Effects of State and Trait Anxiety Levels on Competition Performance According to the Positions Played by Basketball Players, Van Yüzüncü Yil University, Beden Eğitimi ve Spor Yüksekokulu, Beden Eğitimi ve Spor Öğretmenliği Bölümü, Turkey, 2024 - Continues

## Metrics

Publication: 15

## Coaching Duties

Amateur Club, OPTİMUM AKADEMİ SPOR KULÜBÜ, 2022 - Continues

## Non Academic Experience

National Education Directorate, MINISTRY OF NATIONAL EDUCATION, YARAMIŞ MIDDLE SCHOOL