

## **Assoc. Prof. TUBA KIZILET**

### **Personal Information**

**Email:** tuba.kizilet@marmara.edu.tr

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### **International Researcher IDs**

ORCID: 0000-0002-4460-2551

Yoksis Researcher ID: 173155

### **Education Information**

Doctorate, Marmara University, Institute of Health Sciences, Department of Physical Education and Sports, Turkey 2006 - 2011

Postgraduate, Marmara University, Institute of Health Sciences, Department of Physical Education and Sports, Turkey 2004 - 2006

Undergraduate, Marmara University, School of Physical Education and Sports, Sports Coaching Educationn, Turkey 2000 - 2004

### **Foreign Languages**

English, B2 Upper Intermediate

### **Dissertations**

Doctorate, Genç bayan futbolcularda koordinasyon ve pliometrik çalışmaların koşu ekonomisi ve diğer biomotor özellikler üzerine etkisi, Marmara Üniversitesi, Institute of Health Sciences, Hareket Ve Antrenman Bilimleri (Dr), 2011  
Postgraduate, Elit futbolcularda(bayan)yükleme sonucunda kan laktat konsantrasyonu ile idrar üre konsantrasyonu arasındaki ilişki, Marmara Üniversitesi, Institute of Health Sciences, Hareket Ve Antreman Bilimleri (Yl) (Tezli), 2006

### **Research Areas**

Sports Sciences and Technology, Physical Education and Sports

### **Academic Titles / Tasks**

Associate Professor, Marmara University, Faculty of Sport sciences, Sport Coaching, 2018 - Continues

Research Assistant, Marmara University, School of Physical Education and Sports, Sports Coaching Educationn, 2009 - 2018

Research Assistant, Balikesir University, School Of Physical Education And Sports, Department Of Coaching Education, 2004 - 2006

## **Academic and Administrative Experience**

Other Academic Duty, Marmara University, Institute of Health Sciences, Department of Physical Education and Sports,

2014 - Continues

Marmara University, Institute of Health Sciences, Beden Eğitimi Ve Spor (Yl) (Tezli), 2014 - Continues

## **Courses**

ANTRENMAN UYGULAMALARINDA TEKNOLOJİ KULLANIMI, Postgraduate, 2019 - 2020

Badminton Özel Antrenman Teknikleri I, Undergraduate, 2018 - 2019

Takım Sporlarında Saha Testleri ve Antrenman Yönetimi, Postgraduate, 2018 - 2019

## **Advising Theses**

BOZDOĞAN T., U16 yaş amatör genç erkek futbolcularda 8 haftalık çeviklik ve pliometrik antrenmanlarının aerobik ve anaerobik güç üzerine etkisi, Postgraduate, K.EREN(Student), 2018

## **Jury Memberships**

Doctorate, Doctorate, Marmara Üniversitesi, June, 2019

Post Graduate, Post Graduate, Marmara Üniversitesi, June, 2019

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

### **I. Effects of Swedish Massage at Different Times of the Day on Dynamic and Static Balance in Taekwondo Athletes**

Bayrakdaroğlu S., EKEN Ö., Bayer R., YAĞIN F. H., KIZILET T., KAYHAN R. F., Ardigò L. P.  
Healthcare (Switzerland), vol.12, no.2, 2024 (SCI-Expanded)

### **II. Associations between Force-Time Related Single-Leg Counter Movement Jump Variables, Agility, and Linear Sprint in Competitive Youth Male Basketball Players**

Pamuk O., Makaraci Y., CEYLAN L., KÜÇÜK H., KIZILET T., Ceylan T., KAYA E.  
CHILDREN-BASEL, vol.10, no.3, 2023 (SCI-Expanded)

### **III. Exploration of the effect of small sided games on the technical skills, internal and external loads of main and joker players**

Kumak A., KIZILET A., BOZDOĞAN T.  
PROGRESS IN NUTRITION, vol.23, no.2, 2021 (SCI-Expanded)

## **Articles Published in Other Journals**

### **I. Effect Of Distance Physical Training To YYIRL1 And YYIRL2 Test Performance Top Class Soccer Referees And Assistant Referees**

KAPELMAN A. E., KIZILET T., KIZILET A., KİRİŞÇİ İ., KUDAK H. H., UZUN N. E.  
Educational Administration: Theory and Practice, vol.30, no.5, pp.1364-1370, 2024 (Peer-Reviewed Journal)

### **II. Investigation Of The Effects Of Coordination And Balance Trainings On Some Biomotor Skills Of Football Players**

KUMAK A., KİRİŞÇİ İ., KIZILET T.  
Educational Administration: Theory and Practice, vol.30, no.5, pp.3244-3247, 2024 (Peer-Reviewed Journal)

### **III. Study of the Level of Sports Addiction Among Students at the Faculty of Sports Science**

KIZILET T., Ocak M. F., İztivan İ. H., Çakır L. Y., Çolakoğlu K., Durhan T. A., Kahraman M.

- International Journal of Religion, vol.5, no.6, pp.710-714, 2024 (Scopus)
- IV. **Health-related fitness knowledge, physical activity attitude and physical activity in secondary school students: A mediation analysis**  
 ÇİMEN M., ALP M., KIZILET T.  
 Biomedical Human Kinetics, vol.16, no.1, pp.163-172, 2024 (ESCI)
- V. **The examination of VO<sub>2</sub>MAX and anaerobic threshold values in elite soccer players by their positions**  
 Aksoy Ö., Bozdoğan T., Soyal M., Beyaz M. M.  
 Journal of Physical Education and Sport, vol.22, no.10, pp.2496-2503, 2022 (Scopus)
- VI. **The Effect of Game Strategies on the Physiological, Physical, and Technical Loads of Soccer Players**  
 Kapelman A. E., KIZILET A., BOZDOĞAN T.  
 ANNALS OF APPLIED SPORT SCIENCE, vol.10, no.1, 2022 (ESCI)
- VII. **The effect of differential learning method on the international tennis number level among young tennis player candidates**  
 YILDIRIM Y., KIZILET A., BOZDOĞAN T.  
 Educational Research and Reviews, vol.15, no.5, pp.253-260, 2020 (Peer-Reviewed Journal)
- VIII. **Examining the Fear of Happiness Among FootballReferees by Specific Variables**  
 TOGO O. T., BOZDOĞAN T.  
 Journal of Educational Issues, vol.6, no.1, pp.166-174, 2020 (Peer-Reviewed Journal)

## Books & Book Chapters

- I. **Yüksek Şiddetli İnterval Antrenman**  
 Kızilet A., Bozdoğan T., Kırışçı İ.  
 in: Spor Bilimleri Alanında Akademik Çalışmalar, Bilal KARAKOÇ, Editor, Duvar Yayımları, Ankara, pp.203-223, 2021
- II. **Badminton'xxda Teknik Taktik Kondisyon Eğitsel Oyunlar ve Kuralları**  
 YORULMAZLAR M. M., KEPOĞLU A., BOZDOĞAN T.  
 Gazi Kitapevi, Ankara, 2020
- III. **Badmintonda Teknik Taktik Kondisyon Eğitsel Oyunlar ve Kuralları**  
 YORULMAZLAR M. M., KEPOĞLU A., BOZDOĞAN T.  
 Gazi Kitabevi, Ankara, 2020
- IV. **Spora Katılım ve Özelleşme**  
 Kızilet A., Bozdoğan T., Kırışçı İ.  
 in: Spor Bilimlerinde Teori ve Araştırmalar, Özgür Karataş, Editor, Gece Kitaplığı, Ankara, pp.151-176, 2020

## Refereed Congress / Symposium Publications in Proceedings

- I. **Hazırlık Döneminde Kadın Futbolculara Uygulanan Grid Antrenman Metodunun Kardiyopulmoner Parametreler Üzerine Etkisinin İncelenmesi**  
 Aksoy Ö., KIZILET T., KİRİŞÇİ İ.  
 ERPA International Congresses on Education 2023, Balıkesir, Turkey, 8 - 10 September 2023
- II. **30-15IFT, 45-15FIT ve Koşu Bandı Testleri MAS Değerlerine Göre Düzenlenen Kısa İnterval Koşu Antrenmanlarının Fizyolojik Sonuçlarının Değerlendirilmesi.**  
 KİRİŞÇİ İ., KIZILET A., BOZDOĞAN T.  
 III. International Congress of Athletic Performance and Health in Sports, İstanbul, Turkey, 21 - 24 October 2021
- III. **Maksimum Aerobik Sürat Belirleme Testlerinden 30-15IFT ile 45-15FIT Testlerinin Fizyolojik Çıktılarının Karşılaştırılması**  
 KİRİŞÇİ İ., KIZILET A., BOZDOĞAN T.  
 II. International Congress of Athletic Performance and Health in Sports, İstanbul, Turkey, 22 - 25 October 2020

**IV. Türkiye Süper Liginde Yer Alan Futbol Takımlarının Covid-19'a Göre İç Ve Dış Saha Teknik Parametrelerinin Karşılaştırılması**

ÖZÇİLİNGİR Ö. M., AKSOY Ö., BOZDOĞAN T.

II. International Congress of Athletic Performance Health in Sports, İstanbul, Turkey, 22 - 25 October 2020, vol.4, pp.1-135

### **Activities in Scientific Journals**

Uluslararası Spor Egzersiz ve Antrenman Bilimi Dergisi , Publication Committee Member, 2017 - 2017

### **Metrics**

Publication: 56

Citation (WoS): 2

Citation (Scopus): 37

H-Index (WoS): 2

H-Index (Scopus): 2

### **Non Academic Experience**

TÜRKİYE FUTBOL FEDERASYONU \_MERKEZ HAKEM KURULU

Balıkesir Üniversitesi